

**ANTI-GUN HYSTERIA: Our Liberties at Stake**

# AMERICAN SURVIVAL GUIDE

*The Magazine of Self Reliance*

JULY 1988 VOL. 11 NUMBER 7  
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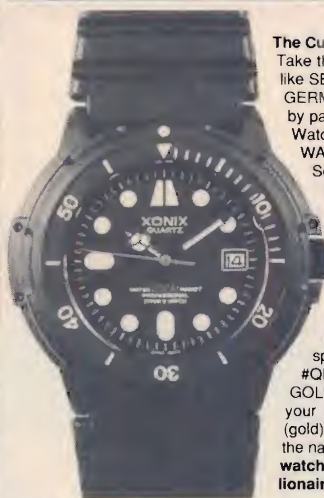
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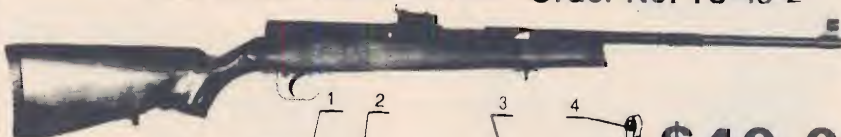
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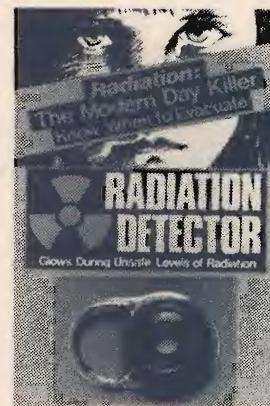
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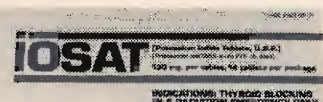
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# AMERICAN SURVIVAL

## The Magazine of Self Reliance

### GUIDE

JULY 1989 VOLUME 11 NUMBER 7

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A nationwide wave of anti-gun hysteria, spearheaded by liberal-left media and politicians, is threatening our fundamental rights — rights this nation was founded upon. See page 6 (cover photo: Scott Stoddard; Inset photo: Brewer's Company of Rogers Rangers Recreated, Inc.).

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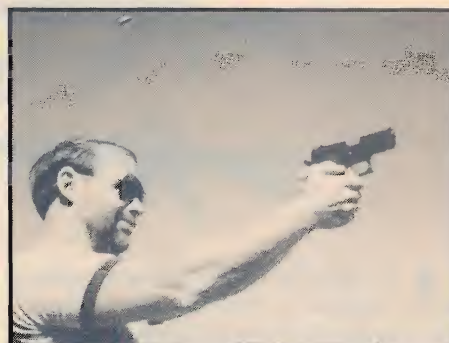
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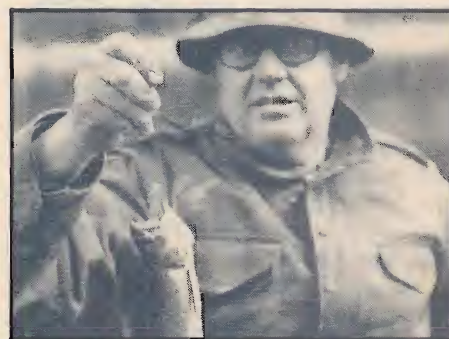
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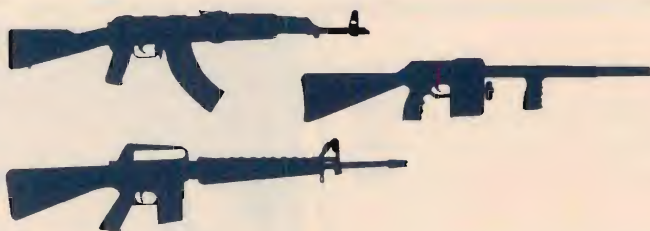
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# TO THE POINT

*It's time to rally and defend our firearms rights and freedoms. . .*



**A**LL of us have watched with great concern in the past few months the massive and unprecedented assault on our firearms rights and freedoms by liberal-left politicians and Big Media.

The weapons commonly referred to as "assault weapons" — actually semi-automatic versions of the military machine guns — have been big news lately. Reports of them being used by drug dealers, gang members and psychopaths are given big play in the news media — and each time the hue and cry goes out from the large, well organized and well funded anti-gun movement to ban these firearms.

The current wave of hysteria and organized attempts to ban and harshly restrict assault firearms began with persistent media hype about their use by gang members and drug dealers. One would get the impression from the news media that criminals using assault guns are virtually everywhere these days. The real impetus for the current push to outlaw the guns, however, came with the Stockton, California, elementary school killings last January by the psychotic Patrick Purdy with his AK-47 rifle.

The anti-gun forces, who for years had concentrated their efforts on banning or severely restricting handguns, are now vigorously clamoring for bans and or the most severe restrictions on semiautomatic weapons of all kinds — even little .22 rifles!

Legislation in Congress introduced by the radical Senator Howard Metzenbaum would outlaw manufacture and sale of these weapons and impose the most harsh restrictions on current owners, treating their guns the same as machine guns. President Bush, who many, myself included, had thought

would live up to his pledge to oppose severe gun control, appointed national drug czar William Bennett who has succeeded in getting the government to halt further importation of semi-automatic rifles, including .22 rifles that look like military weapons. And Bennett is said to be urging severe restrictions on such weapons already in civilian hands.

Here in California, the liberal-left dominated state Legislature has at this writing all but approved the most restrictive gun control legislation of any state in the nation, banning manufacture or sale of assault weapons and forcing current owners of these firearms to submit to registration and other restrictions that, as most of us realize, are the first steps toward confiscation.

The Los Angeles CBS AM news radio station KNX has repeatedly editorialized for a ban on assault guns, protesting that state legislators are influenced by "NRA hush money" and demanding that the weapons be kept out of the hands of "California Comandos" and kept off the streets of California.

The gun-hating *Los Angeles Times*, which has repeatedly called for a ban, demands in an editorial that the state Legislature approve the ban and registration legislation, along with other harsh restrictions on guns, to "give children under fire the same chance at survival the law already accords ducks."

Holding up an AK-47 before state legislators, the anti-gun liberal state Attorney General John Van de Kamp declares that no one needs such a weapon "to hunt a duck!"

*The New York Times* runs an opinion piece by none other than the illustrious

Senator Ted Kennedy, complete with artwork showing drug dealers with M16 rifles that become syringes at the muzzles, stating that there is "an **unholy alliance between the National Rifle Association and drug dealers.**"

What is the public to make of all this hysteria? Is it actually the case that assault weapon use is rampant in our country? Are drug dealers and gang members and assorted crazies roaming all our streets, shooting down innocent people at will? Is the public really in grave danger of being slaughtered at any moment unless we outlaw these weapons with their "terrible destructive power," as one legislator put it?

Certainly not!

True, semiautomatic military style assault weapons are becoming popular with the public and increasing numbers are being purchased — most of them lately due to the anti-gun hysteria and fears that they will be banned. But my friends, these firearms are simply not the awesome threat the anti-gunners are trying to make them out to be. No question that they are powerful firearms. They wouldn't be useful if they weren't. But the vast majority of them in civilian hands are not and never will be used to commit crimes.

Of course there should be some restrictions on them. And most pro-gun people will support rational legislation aimed at keeping such firearms — or any firearm — out of the hands of the wrong people.

But you see, preventing crime is *not* the true goal of the anti-gun forces. These people, many of them anyway, are opposed to the public possessing *any firearms whatsoever* and want *all guns banned*. Short of outright bans, they will support the most severe restrictions possible on possession and use of guns.

While there are different interests represented by the anti-gun movement in this country, I have no doubt that many of its leaders represent the political left. The leftists, with their unpopular social programs and policies, are afraid of an armed citizenry. They want Americans disarmed. As any good communist will tell you, one of the first things you do in getting control of people is disarm them — and this is the goal of the anti-gun movement.

Every American, whether or not he or she owns guns, should be deeply concerned about this fanatical drive to outlaw semiautomatic firearms. This

*(Continued on page 69)*



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# SURVIVAL LINE

*Taxing survivors, terror toll 1988, lightning rods said to be inadequate, travel health tips, killer bees update. . .*

**S**URVIVALISTS are not the only ones planning to survive a nuclear war. You will be glad to know that your friendly neighborhood IRS office not only intends to survive such an event, but also plans on continuing its tax collecting activities. "In the event of an emergency such as a nuclear attack, Internal Revenue is going to continue to try to collect," says IRS spokesman Frank Kieth.

In a recent addition to its employee manual the IRS acknowledged that the agency intends to be able to resume its tax collection activities within 30 days of the end of hostilities. In order to accomplish this task, the agency has stored duplicates of its vital records in bomb proof shelters far removed from target areas.

**Terror Toll '88** —According to Business Risks International, BRI, a firm specializing in international corporate security, 1988 was a record year for terrorist incidents. Around the world some 3,734 acts of terrorism occurred in 1988. These incidents took the lives of 7,371 people. The number of U.S. citizens killed by terrorists last year was 194 (including those killed in the December bombing of Pan Am Flight 103). This compares to just 7 U.S. fatalities the year before. BRI says the upward trend in terrorist incidents is likely to continue into the foreseeable future.

**Zapped** — The lightning rods and surge arrestors many homeowners rely on to protect their property from damages caused by lightning strikes may not be effective, according to lightning researcher Dr. E. Philip Krider of the University of Arizona in Tucson.

Dr. Krider is part of a team researching the causes and effects of "triggered lightning" that is, lightning triggered by the passage of a rocket or aircraft through otherwise lightning-free clouds.

In a paper presented at the annual meeting of the American Association

for the Advancement of Science, Dr. Krider said that his team has found that the current in a lightning bolt can surge up to 400,000 amps in a millionth of a second, about 20 times faster than had previously been thought possible. According to Dr. Krider this means that current technology lightning rods and surge arrestors "are probably not fast enough" to protect against lightning damage. "You need to have a protective system that is much faster than we thought (was necessary) even 10 years ago."

**Travel Health Tips** — If you are planning a trip abroad this year and are unsure as to what vaccinations you might need, the Centers for Disease Control, CDC, offers a very informative booklet which gives a nation-by-nation rundown of required and recommended vaccinations. The booklet also maps specific areas infected by disease in each country, and tells you where you can find English-speaking physicians. The booklet is entitled *Health Information for International Travel*. The booklet order number is 017-023-00183-3, the cost \$4.75. You can order a copy by calling (202) 783-3238.

**Killer Bees Update** — A study by the University of Arizona says that the arrival late this year or early next of Africanized (killer) bees will cause problems for the highly populated sunbelt areas of the South. The study shows that initially the hardest hit regions will be in parts of Texas and Arizona as well as all of Florida.

In a related development, researchers have designed a device which can distinguish Africanized bees from their domestic counterparts. The device is able to detect the frequency of the wing beat of the Africanized bee which it has been discovered differs from that of the domestic honeybee. The device will soon be marketed in the form of a portable unit which the user can wear on his belt and which indicates the presence of Africanized bees by a flashing red light. ●



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loops, button fly, and leg ties to keep socks up and dirt out (also great for blousing in boots). But the pockets are one of the main reasons to buy these pants. There are six: 2 front slash, 2 rear with double button flap, and two large bellow pockets in the front. All pockets are reinforced so they will not rip out. These pants are made to tough military contract specifications and will last for more years than you want them to. In all sizes from XS to XL in standard lengths. We offer them in rich grey, tropical tan and standard woodland camo. Our men and women customers wear them for everything from hunting to working in the yard to going to the mall. They offer that natural casual look that is so great for any age. Sold in stores and catalogs for up to \$39.00 pair.

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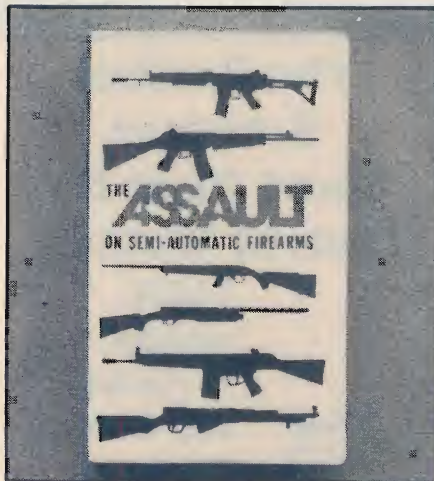
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## BOOKS/VIDEOS



**The Assault On Semi-Automatic Firearms**, by Red Barn Video Productions, Dept. ASG, P.O. Box 41122, Sacramento, CA 95841; (916) 349-1812 or 1814; 45 minutes, color; VHS; \$29.95 plus \$4 shipping & handling; California residents add 6 percent sales tax.

If you're worried about the current moves in this country to ban and severely restrict semiautomatic firearms, you will find great comfort in this video tape. It is by far the best discussion of the issue and the anti-gun movement in this country we have ever seen. With an excellent review of the history of gun control and its advocates and interviews with firearms experts, this tape makes it very clear that the anti-gunners are out to get all our guns. "There is a concerted effort (to ban guns)," says the narrator, "a movement by people who don't like guns, people who are dedicated to taking all guns away from the American people." With film of the actions of the anti-gunners in California and in Congress bent on banning assault weapons, this video explores the causes and forces behind the gun control movement and provides comments from gun and crime experts as well as material from government and other criminal justice studies refuting the anti-gun arguments. "Millions are now being deceived by the anti-gun movement, and every American should be concerned. . . The anti-gunners are making a tremendous issue out of nothing. Distortion about everything is normal. . . The people and organizations in the anti-gun movement are dedicated and well funded. It's time for the hunter, the competitor, the sportsman,

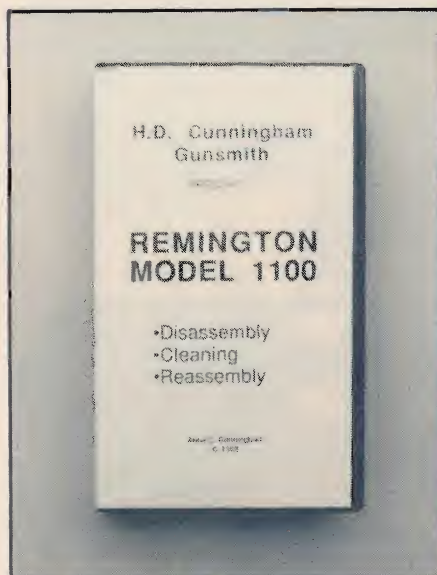
the collector and the self defender to wake up and be aware." Among the most telling testimony for this reviewer were the comments by former California state senator H.L. Richardson regarding the public officials behind the gun ban in California: "When it comes to tough law enforcement legislation, they're out there debating against it, usually taking the ACLU's position on these issues. The death penalty in the State of California: the very people that are carrying this legislation to restrict our rights to own firearms are the people who are arguing against the death penalty. They're the very same people who fought prison construction whenever it's proposed. They're the very same people that oppose lengthening sentences. They're the very same people who fought rape legislation, child molestation legislation, pornography legislation. I find it an interesting paradox that they want to punish the innocent citizen for mere possession of a firearm but they seem to have little concern for the criminal. They would rather let him go and lock up the innocent." As the video tape notes, a disarmed America is a weak America, and an uninformed America is a danger to itself. We are all in a crisis. Our liberties are in jeopardy. We must organize and act before it's too late. You can start by getting this tape.



**Combat Revolvers, The Best (and Worst!) Modern Wheelguns**, By Duncan Long, Paladin Press, Dept. ASG, P.O. Box1307, Boulder, CO 80306; (303) 443-7250; 152 pages, softcover; \$16.95 plus \$3.50 shipping and handling.



Duncan Long reviews the world's top revolvers, giving their history and development and describing their important features. The book is packed with photos and includes information on accessories, care and maintenance, and a table of revolver specifications. Whether you're a homeowner who wants to protect his own or a cop on a dangerous beat, this book gives you a no-holds-barred look at the best and worst combat revolvers available today.

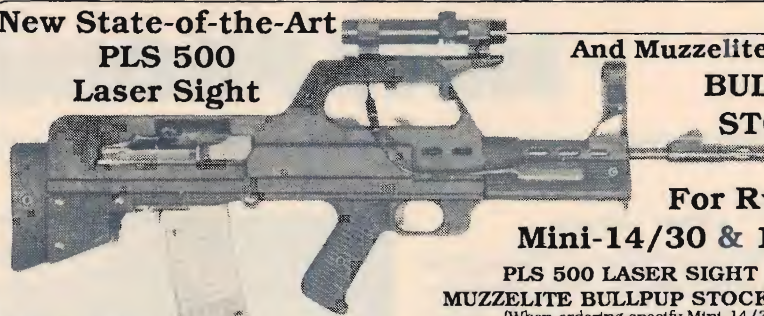


**Remington Model Model 1100**, Disassembly, Cleaning, Reassembly, a video with H.D. Cunningham, Gunsmith; Cunningham Gun Shop, Dept. ASG, 19025 H Cunningham Rd., Pascagoula, MS 39567; (601) 588-3829; VHS, \$35. Also available for Browning Automatic 5 and Browning BAR Sporting Rifle. Send \$1.60 for brochure.

Harold Cunningham has been a professional gunsmith for over 25 years. In the video he demonstrates how to disassemble, clean, and reassemble the rifle in an easy to understand, step by step approach. This is a high quality produced and edited video — not an amateur, home movie production. It is fascinating to watch even if you don't own a Remington Model 1100. Harold says that "over 70 percent of gun malfunctions occur due to dirty or improperly lubricated weapons. It is imperative that every man know his gun inside and out, how to properly disassemble, clean, and reassemble it and avoid unnecessary down time for repairs."

(Continued on page 48)

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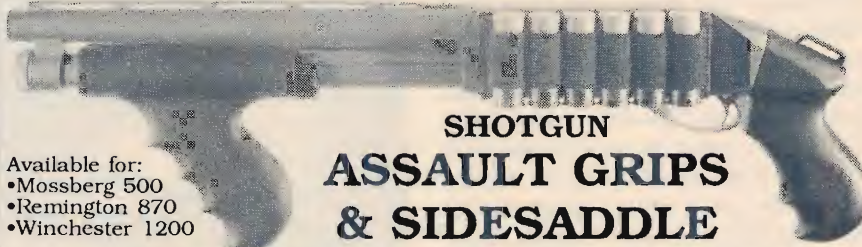
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## BB Speed Loader

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Developed in coordination with elite Federal SWAT teams, the Hi-Tac Assault Holster is designed for the toughest situations. Unique action features include: low ride for combat automatics, universal fit for most pistols, internal thumb release safety strap, foam padded protection, fast attach belt loop system with pile fasteners, magazine/knife pouch with Fastex buckle, flap secures with Fastex buckle and is held up by pile closure. Detailed technical sheet is available on request. Send \$44.95 to: Brigade Quartermasters Ltd., 1025 Cobb International Blvd., Dept. 51A, Kennesaw, GA 30144-4300; (404) 428-1248.

### Ruger Mini-14 Scope Mount

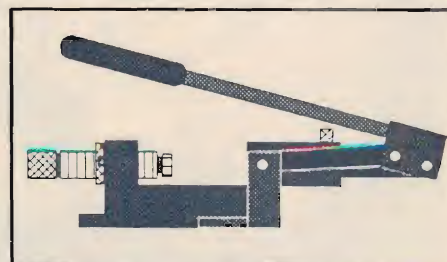
B-Square has added a brand new scope mount for Ruger's Mini-14 to their professional series of mounts. This mount is easily installed by simply replacing the gun's bolt stop cover plate with B-Square's cover plate. No drilling, tapping or sight removal is required. A large clamping knob allows easy on and off without change of zero. The new mount has both NATO Stanag and standard dovetail provisions so military optics or standard scopes, rings and devices can be used. Suggested price is only \$69.95 in blue and \$79.95 in stainless. For more information contact: B-Square Company, P.O. Box 11281, Fort Worth, Texas 76110; (817) 923-0964.



### Bullet Swaging Press

The Silver Press is the newest of six presses manufactured by Corbin Manufacturing & Supply, Inc., and is designed expressly for the purpose of swaging (pressure forming) lead or jacketed bullets. The Corbin Silver Press turns either commercial quality jackets and lead wire, or scrap materials such as fired .22 cases and copper tubing, into high quality hunting, defense, or target bullets for rifle or handgun. The high pressure created at the moment of swaging eliminates

air pockets and voids within the swaged bullet. Price is \$179.50. Send \$1 for a brochure: Corbin Manufacturing & Supply, Inc., Dept. ASG, P.O. Box 2659, White City, OR 97503; (503) 826-5211.

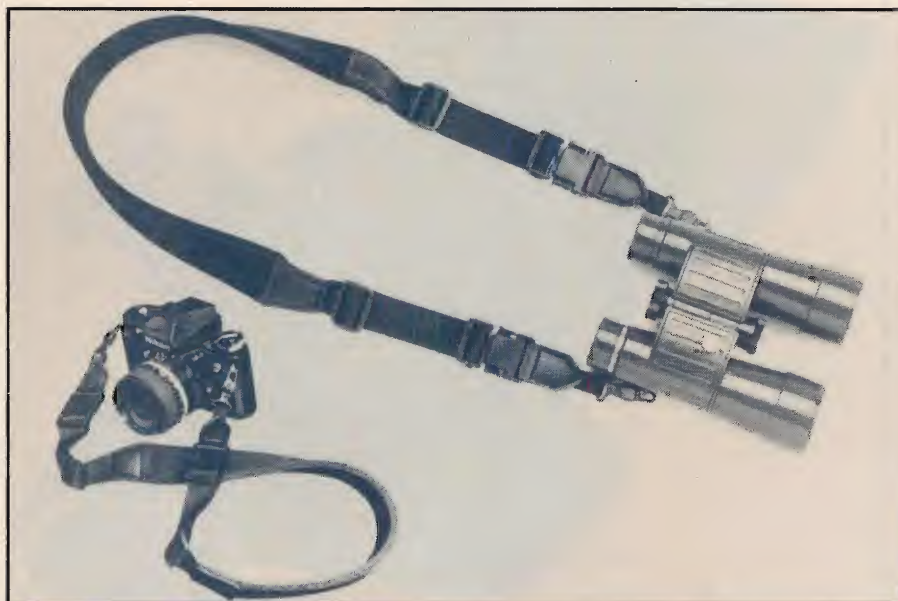




# NEW PRODUCTS

## Quick Detachable Binocular/Camera Strap

Hunters and photographers will appreciate "Uncle Mike's" newly designed strap that brings relief by distributing the weight with a soft, slightly elastic padded strap. It's made of a quarter inch of closed cell foam laminated between two nylon surfaces and each end has a quick release buckle for easy removal. Suggested retail price is \$13.95. A 40-page full color catalog is available for \$2 from: Michaels of Oregon, Dept. ASG, P.O. Box 13010, Portland, OR 97213; (503) 255-0746.



## V-42 Stiletto

EK Commando Knife Company is re-introducing the V-42 Stiletto, the knife used by the "Forcemen," a special force of American and Canadian soldiers who stormed Rome on the 4th of June, 1944. Individually handbuilt in Sheffield, England, the V-24 Stiletto includes a skullcrusher pommel with a sharp pointed finial, a hand-polished grip formed of genuine leather washers and accented by thin brass rings, and the "classic" thumbprint stamped into the ricasso which provides a sure grip for accuracy when thrusting or slicing.

The dark, gun-blued blade is carbon steel highly tapered to a stiletto-sharp point. Overall length is 12¼ inches. Blade length is 7¼ inches. The knife comes with a brown leather sheath and sells for \$169. Contact: EK Commando Knife Company, 601 North Lombardy Street, Dept. ASG, Richmond, VA 23220 or call toll-free (800) 468-5575.



## Evacuation Kit

Ready Reserve Foods is offering an emergency kit with food and emergency supplies for use in an evacuation-type crisis. The food supply will handle a family of four for a week, or a single person for 30 days. Nitrogen/vacuum packed in 23 cans for long term storage, the low moisture meals are easy to prepare and include: mountain stew, macaroni & cheese, stroganoff-style casserole, green beans, carrots, green peas, rolled oats, peach slices, yukon biscuits, nonfat milk, and more. Other supplies include a first aid kit, water purification kit, cookware, water containers, candles, menus, and survival guide. Suggested price is \$237. Introductory offer price is \$219 from: Ready Reserve Foods, Dept. ASG, P.O. Box 697, Beaumont, CA 92223; (714) 845-6464.





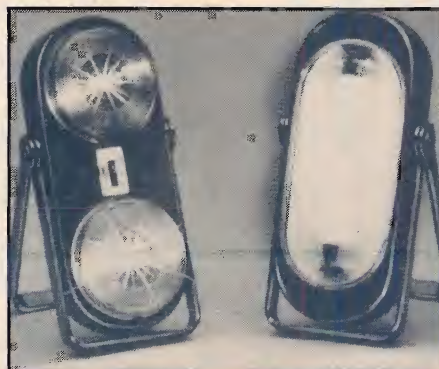
### Swiss Army Compass

First there was the Victorinox Original Swiss Army Knife, a product which came to be virtually synonymous with versatility and durability. Now, the many users of that famous knife will be pleased to hear that Swiss Army Brands, Ltd. is introducing a new product, one that matches the level of quality of the Original Swiss Army Knife — the Swiss Army Compass. Each of the 10 compasses in the line is compact and easy to use and has features such as a neckstrap; magnifying lenses for easy map reading; luminous markings for night use; scales to measure millimeters, inches, vertical angles and inclines; height tables and sighting mirrors. The patented magnetic needle is mounted on a sapphire-chip bearing, similar to the jeweled bearings in a fine Swiss watch. The Swiss Army Compass is water-resistant and rugged, and has been tested under extreme conditions on orienteering runs by sporting and military organizations worldwide. Available at sporting good stores nationwide. Suggested retail prices range from \$10 to \$84.



### All Purpose Lantern

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### Semi-Automatic .41 Magnum Pistol

The new Desert Eagle .41 Magnum holds nine rounds of standard ammunition and delivers a great deal of power with little recoil. The pistol is the first ever semi-automatic in .41 caliber and has several advantages over 10mm pistols, to which it is frequently compared. It offers better accuracy

and downrange capability and accommodates a scope much more easily. Many states permit hunting with .41 Magnums while banning hunting with 10mm handguns. The Desert Eagle pistol is also available in .357 and .44 Magnum. Contact: Magnum Research, Inc., Dept. ASG, P.O. Box 32221, Minneapolis, MN 55432; (612) 574-1868.



### Portable Spectrum Analyzer

The light weight, battery or line operated PSA-65A Portable Spectrum Analyzer from AVCOM is the ideal instrument for 2 way radio, cellular, cable, LAN, surveillance, educational, production and R & D work. The PSA-65A covers frequencies through 1000 MHz in one sweep with a sensitivity greater than -90 dBm at narrow spans. Options

include frequency extenders to enable the PSA-65A to be used at Satcom and higher frequencies, audio demod for monitoring, log periodic antennas, carrying case and more. Dimensions are 11½" w x 5½" h x 13½" d; weight is 18 lbs. Price is \$2,675.

AVCOM of VA, Inc., 500 Southlake Blvd., Richmond, VA 23236; (804) 794-2500. ●





# Civil Defense — A Comparison

*The Soviet Union has an extensive civil defense program to protect its citizens while the U.S. has next to nothing...*

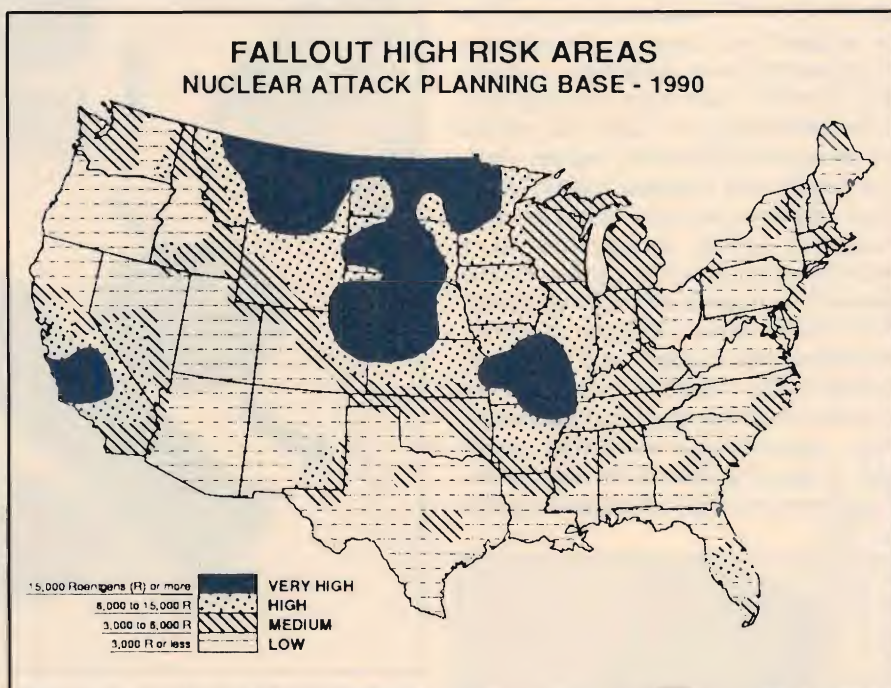
By Larry D. Weber

**T**HE Soviet Union has a long standing, nationwide, well organized and funded civil defense program under military control. Under civilian control, the United States program is also long standing, but has been far less consistent in funding, purpose and content than the Soviet effort.

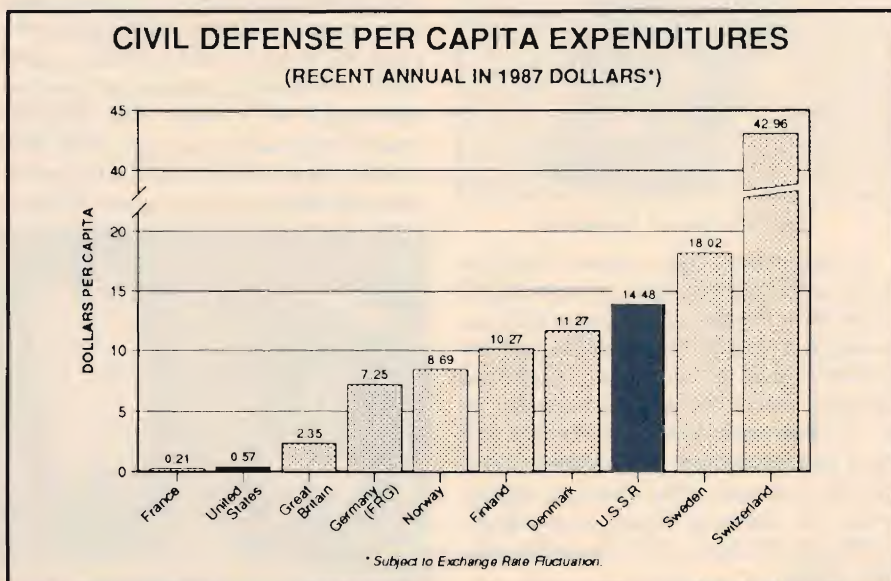
The Soviets' experience in past wars, together with their traditional concern for homeland defense reinforces their interest in civil defense. By developing an active and extensive civil defense program, in conjunction with their other offensive and defensive strategic forces, the Soviets seek to ensure the survival of the USSR should war occur and to be in a superior postwar position compared to their opponents. Due to insufficient funding, the United States program cannot even begin to match the Soviet effort in size, nor is it designed or expected to play a supporting role during war time.

Civil defense in the Soviet Union is a hierarchically structured national system of organizations at all levels of government and of the private sector. Involvement ranges from the national ministries down to individual factories, banks, hospitals, schools, transportation and construction organizations and farms (collective and state). By law, the head of every territory or organization is also its chief of civil defense with population or personnel, respectively under his control. Each chief is assisted by deputies and a full or part time civil defense staff. Full time civil defense staffs exist at each level of the Soviet federal administra-

Recent civil defense expenditures of the U.S., Soviet Union and other industrialized nations (FEMA).



Half the land area of the U.S. is estimated to be at high risk or very high risk of receiving nuclear fallout (FEMA).





tive structure. The levels include the following: national, republic, province ("oblast"), city (in the case of large cities, in their boroughs or districts — "rayons") and at all significant economic institutions and enterprises. The 3,199 rural rayons generally have only part time staffs.

The operating forces of Soviet civil defense consist of both military and civilian units. The military formations are organized and equipped to carry out radiological and chemical monitoring, heavy engineering and construction and communications. They will support the civilian defense forces during rescue, damage-limiting and repair operations.

Soviet civilian civil defense formations are made up of employees and workers from all walks of Soviet society. They are also organized, equipped and trained to perform a variety of civil defense tasks under the direction and control of civil defense chiefs and staff at various levels.

Altogether, the number of Soviet military and full time civilian civil defense personnel in peacetime is estimated to be over 100,000. This number would be considerably expanded in a natural or technological crisis or war situation since by law every Soviet citizen can be drafted for service in a civil defense formation in an emergency.

The Soviet leadership believes that effective civil defense requires periodic instruction of the population to ensure that it will know how to respond in an emergency. They also believe you must be able to obey orders, maintain discipline and practice self-help in such activities as shelter construction, first aid and radiation/chemical protection.

Instruction is mandatory for the general public and includes courses and training programs in schools, at work places and at places of residence for non-working adults. Formal instruction is given in most grades of Soviet 10-year schools and is supplemented by exercises and para-military games in which a high percentage of Soviet school children participate. At vocational and technical schools and institutions of higher learning, civil defense is taught as part of a multi-year program of mandatory military instruction of students. An annual 20-hour compulsory civil defense course is also given for working people which can be supplemented by training exercises. In addition, civil defense information is obtainable through the media, public lecture programs, exhibits and posters.

In the United States, participation

in the civil defense program is mostly voluntary. The Federal Government through FEMA (Federal Emergency Management Agency) has responsibility for national civil defense policies and program implementations. The agency maintains 10 regional offices. State and local jurisdictions have their own directors and offices for civil defense, also known as "emergency management." In some larger cities, emergency operation centers (EOC) with small full time staffs are ready and trained to handle natural and technological emergencies. As in the Soviet Union, during an actual emergency the heads of government at state and local levels direct and coordinate operations of all emergency personnel and services under their control.

Unlike the Soviets, however, United States civil defense (Emergency Management) directors and offices do not have large civil defense forces. The federal work force numbers approximately 490. There are an estimated 1,500 state government employees and 5,500 local government personnel, of whom some 2,600 serve only part time. The various organizations and emergency services which normally participate in responding to natural and technological disasters (fire, public safety, medical, construction services, etc.) are not counted as civil defense personnel. However, they too would perform emergency response duties.

Although the U.S. does not have military civil defense units like those in the Soviet Union, emergency military personnel and units could be assigned from National Guard units or by the armed forces to assist civilian authorities. But, only if there were no military mission of higher priority!

United States civil defense instruction for the general public is very limited. New policies for U.S. civil defense were established in February 1987 with the approval of the NSDD (National Security Decision Directive) 259. NSDD 259 specifies that the government should provide the public with information on nuclear attack and other threats. Efforts are under way by FEMA to develop such materials.

Instruction and training for emergency management personnel are available at the National Emergency Training Center located in Emmitsburg, Maryland. Training is also available at local, state and regional locations. A few states also provide instructions in emergency actions in their secondary school programs. U.S. civil defense views training and education of the

general public as taking place in a crisis build-up when citizens would be more receptive to such information. Civil defense materials would be given to the media to provide emergency information and instructions to the general public.

**Protecting People** — An important part of the Soviet civil defense program is protecting people against toxic chemicals, biological warfare agents and radioactive fallout. Individual protection consists of gas masks, impregnated clothing and decontamination packets. This is supplemented by a wide availability of radiation measuring instruments and chemical detection kits, as well as mobile decontamination equipment. At present, civil defense forces, selected essential workers and various other personnel are provided with special individual protective gear and training in its use. Where such gear is unavailable, the population is taught how to prepare and use gauze masks and personal clothes for protective purposes. (U.S. civil defense has no chemical or biological defense programs).

The Soviet shelter program for its leadership, essential workers and the urban population in high risk areas consists of blast shelters in basements of apartment buildings, schools, office buildings, hospitals, railroad stations and multi-story buildings. It also includes detached shelters and various types of dual purpose shelters such as subways, underground garages, tunnels, etc.

According to Soviet civil defense manuals, blast shelters for essential workers and urban residents are hardened to withstand from 28 to some 150 pounds per square inch (PSI) of blast overpressure. People in a 50 PSI underground shelter could survive a one-megaton air or ground burst one mile away.

The blast shelters are also designed to provide a radiation protection factor of up to 1,000 (that is, to reduce radiation exposure to 1/1,000th of the unprotected dose). Large capacity shelters are provided with electric power generators, while most of the leadership's shelters are also equipped with multiple blast doors and filtered ventilation units.

Blast shelters for essential personnel at installations remaining in operation in high risk areas are designed to have sufficient space for at least one wartime work shift. There also appears to be a standard requirement in the



# Civil Defense — A Comparison

Soviet Union to include such shelters in the construction of all new major industrial facilities. Consequently, it is likely that in a crisis there will be sufficient space in existing blast shelters to accommodate the on duty workers at essential installations.

The percentage of residents in the cities which can be accommodated in existing shelters varies due to the size and assigned value of cities, priorities in shelter construction and other reasons. The distribution of the more than 20,000 existing blast shelters with space for more than 15 million people among Soviet cities is therefore uneven. The Soviet Union also has plans for the rapid construction of expedient shelters if a crises would arise.

Soviet civil defense has a well developed plan for the rapid evacuation of urban dwellers in the event of a threat of war. The evacuation of the urban population would be highly organized, tightly controlled and would discourage any independent action by evacuees. It is to be carried out through places of employment for the working population with family members generally to be evacuated according to the work place of the head of the family. For non-working adults, evacuation will be carried out by housing administrations. Students in boarding schools and universities and the hospitalized, etc., will be evacuated by their respective institutions. Upon their arrival at predetermined assembly points, people would board available transport or, if necessary, begin walking toward their previously assigned relocation areas. With effective organizations and the use of all transportation assets, it appears likely that Soviet civil defense could achieve high rates of evacuation of its urban residents.

During peacetime, civil defense staffs in potential reception areas prepare plans and organize for the housing, feeding, medical care and fallout protection of evacuees assigned to their communities. Preparations include stockpiling and storing food, medical supplies, building material for shelters and other emergency supplies that would be needed.

The Soviet program also provides for the protection of residents of non-high risk areas. When necessary, evacuees will be housed in the homes of local residents and will share their shelter

in basements, root cellars, etc. Adapting existing structures for use as shelters is practiced as part of civil defense in rural areas. If there is insufficient space in such shelters to accommodate all evacuees assigned to a given reception area, additional simple fallout shelters will be built either by local residents in advance of evacuation or by arriving evacuees themselves.

The United States civil defense program does not provide for the construction of blast shelters. Indeed, the United States has only a few hardened



U.S. civil defense instruction for the general public is very limited.

command posts for use as emergency operating centers for government and military leadership. I had the opportunity to tour one of the facilities in Colorado. It was totally self-sufficient and I was unable to observe certain restricted areas.

For people living in areas at risk of serious nuclear blast and fire effects, primary reliance is placed on state and local evacuation planning. As protection against fallout, approximately 370,000 potential fallout shelters (with a radiation protection factor of 40 or greater and space for roughly 245 million people) have been surveyed and identified in existing larger buildings. Most of these shelters are located in large urban areas which would be at high risk to nuclear attack's direct effects. Their actual usefulness is therefore doubtful!

Another alarming concern is the fact that U.S. fallout shelters are not stocked with water, food, ventilation and sanitation kits or radiological

monitoring instruments. Although there was a program up until 1972 for stocking shelters, the program was discontinued because of insufficient funding and the deteriorated shelter supplies have not been replaced.

The U.S. civil defense program has no nationwide system of comprehensive evacuation plans. Having no direct authority over state or local offices, FEMA cannot compel states and local governments to participate in evacuation planning if they choose not to do so. Some states and localities have in fact enacted legislation prohibiting this kind of protection planning. However, for the majority of state and local governments, emergency evacuation plans are developed with FEMA's advice and support. These plans address movement of evacuees as well as how food and other essentials will be provided. It is anticipated that local residents and evacuees will be protected in fallout shelters, many of which would have to be upgraded or expediently constructed during a crisis since there is a lack of fallout shelters in most rural areas.

Looking ahead, the Soviet leadership gives every indication by word and deed of its continued commitment to a strong civil defense. According to Soviet public announcements, current efforts are directed at further raising the quality and state of "combat readiness" of the Soviet civil defense forces. In addition, a three-year instruction program has been established to provide every citizen with practical training in the implementation of civil defense measures. The future of the United States civil defense program is less clear. There is a need for greater understanding and support of the U.S. civil defense program (NSDD 259) by our elected officials and the American public to generate the required level of support.

With most Americans, civil defense planning is not considered a serious issue. In light of the present U.S. civil defense program, or lack thereof, every prudent American should question his or her preparedness to deal with a crisis situation. We will most likely have to rely on ourselves more than our government for protection. ●







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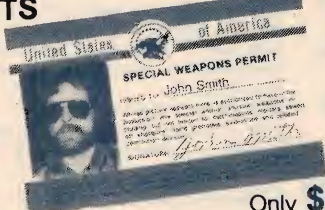
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## Hiking Gear:

# A Sock with Moving Parts

*These socks prevent blisters when running,  
skiing, or hiking. . .*



### Staff Evaluation

**W**e have found a new sock that has been praised by marathon runners, triathletes, hikers, backpackers, and even Himalayan expedition leaders. Runique socks have a unique patented design that prevents blisters and keeps feet dry. In fact the company guarantees, "no more BLISTERS!"

Runique socks are designed with two layers and each layer is composed of two surfaces — high friction to "stick" and low friction to "give." The sock surface touching the skin is high friction so the sock doesn't slide against the foot. The surface touching the inside of the shoe is also high friction to prevent the sock from sliding in the shoe. The internal surfaces have a very low friction so that abrasive action that naturally occurs is expended between the layers of the sock instead of against the skin.

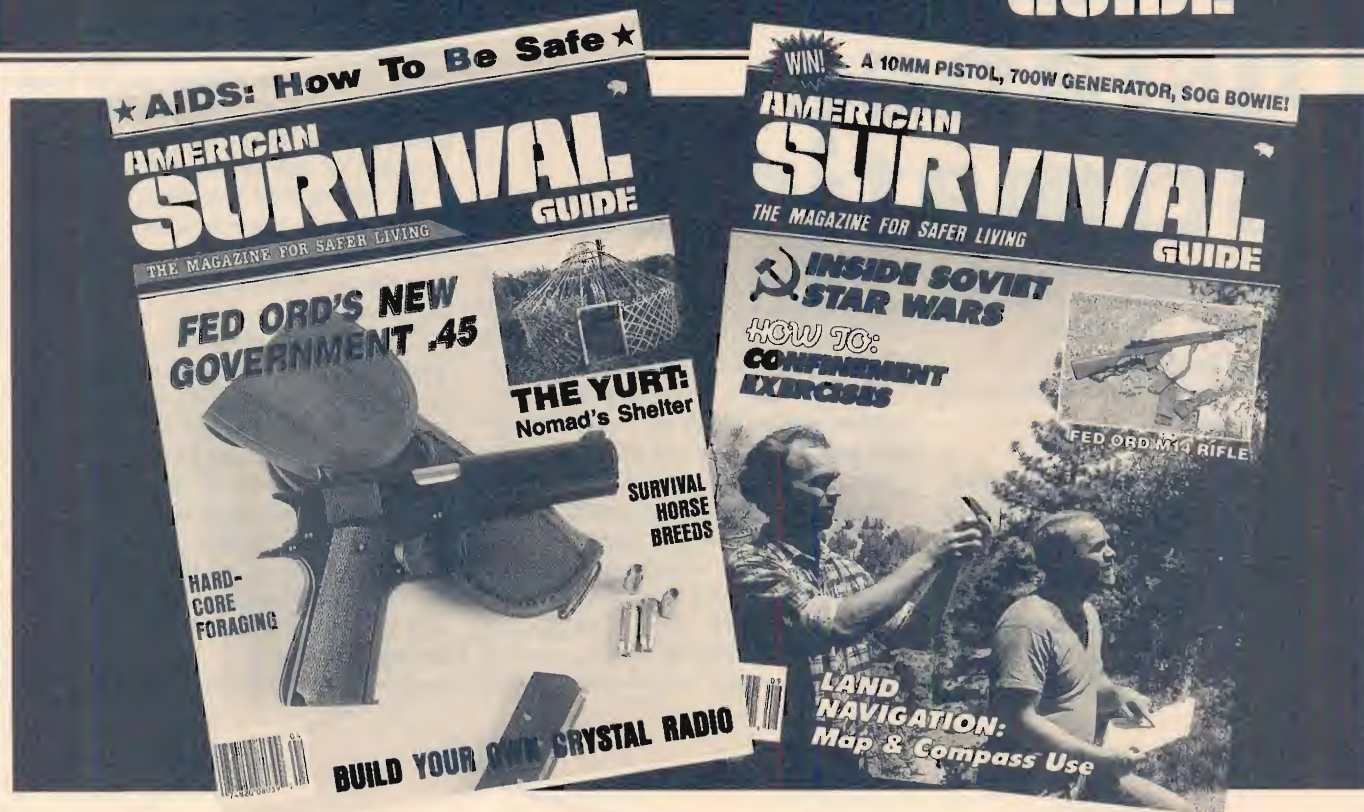
Another feature of Runique's two-

layer design is its efficiency in transporting moisture and heat away from the skin. The construction of these socks guarantees toughness — spiral-wrapped yarns are quality yarns wrapped in nylon. The socks have passed grueling tests by the Marines, Navy and Coast Guard. They can be laundered in hot or cold water and actually look better after laundering because of the spiral-wrap weave.

We tested these socks on two separate ski trips to Utah. An over-the-calf, Thermax pair was worn as the only sock inside the ski boot during rigorous skiing at Alta, Brighton, and Park City ski resorts. The socks were warm and kept our feet dry and comfortable. And NO BLISTERS! We like to wear the crew socks around the office because they are so comfortable. Available in ankle, crew and over-the-calf sizes in white, brown, navy and black. Contact: Runique Socks, Foster-Boyd, Inc., Dept. ASG, Route 202, Box 411, Lahaska, PA 18931; (215) 794-3343 or (800) 648-6249. ●



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## Three-Stick Method:

# Primitive Conditions Distance Estimation

*How to estimate unknown, unpaceable distance very accurately. . .*

By Lenny Hoover

**I**N a survival situation it can often be very important for a person to be able to measure distance.

Some people, when measuring distance for hunting purposes, may imagine a football field between themselves and their quarry. If the distance

is farther than 100 yards, the next 100 yards would appear to be about half of a football field. The next 100 yards about 1/4 of a football field and so on.

If you want a more accurate estimation you might pace it off. My normal stride is about one yard, but I am larger than most people.

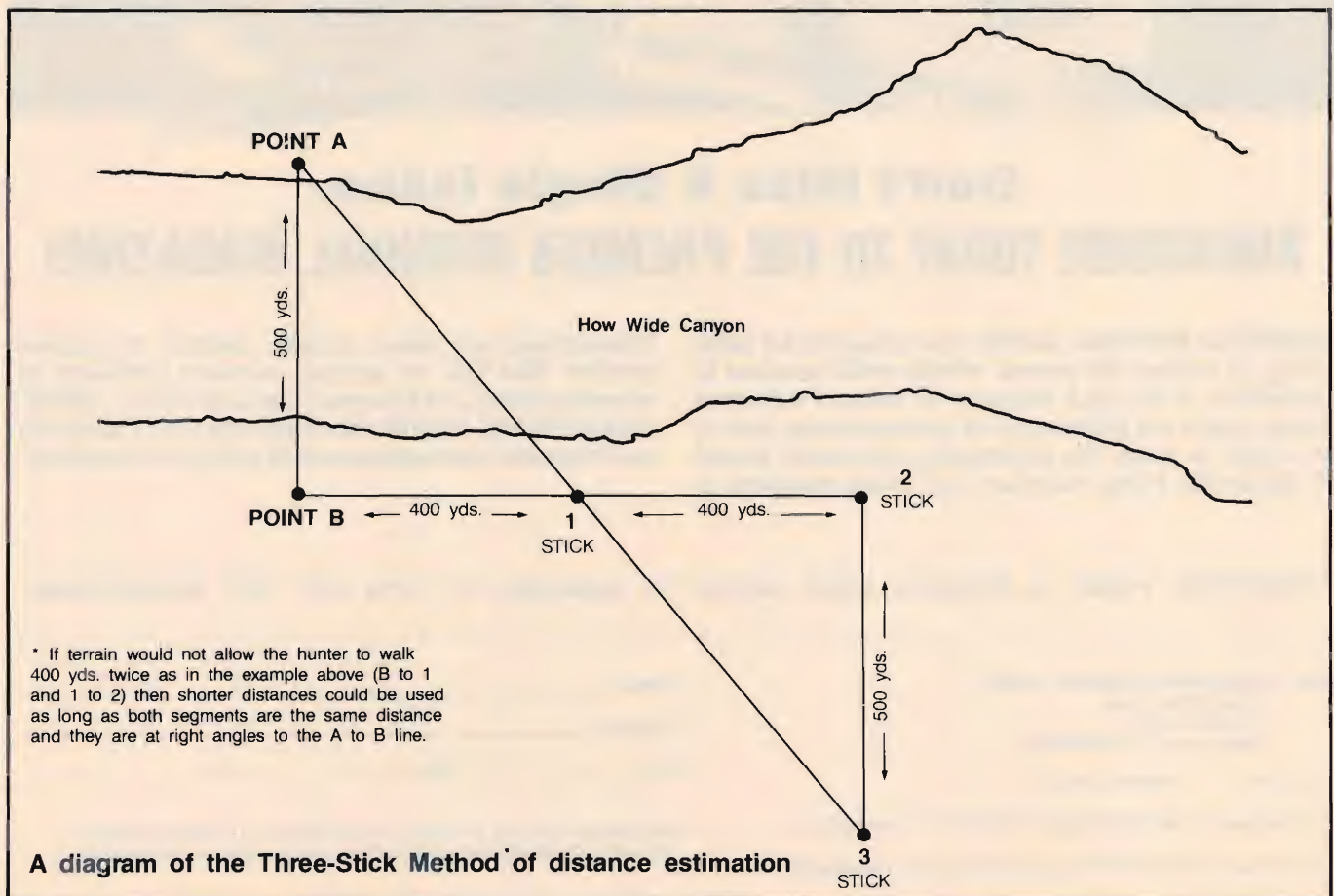
Land navigators often count a pace only when their left or right foot hits the earth. This would give you an effective pace of six feet or two yards. Count how many "long" paces you have and multiply by two, or six (in

my case), depending on which measurement you wish — feet or yards.

Really advanced land navigators can measure distance by time elapsed. For example I know that at a certain pace I can cover so many miles or kilometers per hour. I simply have to look at a watch to tell how much distance I have covered. This is a very good way to measure distance because it can be made to allow for varying terrain and you can look at a map, study terrain difficulty and project Estimated Time of Arrivals. Others can by keeping track of how long you have been gone plot or chart on a map where you are at any given time.

All this is fine but what do you do if you need to know how far a distance is and you cannot walk across it and you do not have a map or surveying instruments?

This happens all too frequently. Examples might include, how much rope do I need to string a three-rope bridge across a small canyon? How far must I swim to get across this part of the Mississippi River? Or this is the 5th time I have seen that deer across this gorge. How far would that shot be next Friday when hunting season opens? In all three examples you cannot actually walk across the distance you are trying to estimate.





An instructor of mine once taught me a method to estimate unknown, unpaceable distance very accurately. This fellow named Will, told me he had learned this method from the Kalahari Bushmen of Southern Africa. Since I have caught Will in an exaggeration or two let us just believe that he learned it in a high school or college geometry class. The method is called the three-stick method of distance estimation and you do not have to go to school or Africa to learn it. Here is how it's done.

Let us say that you have seen a deer almost every morning across a wide canyon. You want to shoot him come hunting season. You are standing in a place that provides a rest and concealment for the shot with a good view of where the deer always appears. You can, with some effort, cross the canyon and get the deer if you shoot him but how far is the shot? Open air is tough to estimate using the football field method described earlier.

Let us call the spot on the opposite canyon wall point A. The spot from which you want to shoot from is point B. Collect three sticks or any other item that you can see at some distance. From point B (the spot you wish

to shoot from) walk at a 90-degree angle from the line between point B and point A. How far? It really does not matter but I use the distance that I had estimated the shot to be in the first place, or the estimated distance between point A and B.

After walking this distance at a 90-degree angle, place your first stick or marker. This is stick 1. In the same direction as you were walking pace off the same distance that you just stepped off between point B and stick 1. After pacing it off place stick 2 there. Remember that the two line segments that you just paced off should form a straight line and the line should be at a 90-degree angle to the imaginary line from the shooting spot (B) to the buck (A).

After placing stick 2, once again start walking at a 90-degree angle in a straight line this time away from the canyon or whatever obstacle you are trying to measure. How far? This is the key! Walk until you are in a direct line with Stick 1 and point A (the place you spotted the buck). When point A, stick 1 and yourself are all lined up, place stick 3 there. Now pace from stick 3 back to stick 2. The distance you arrive at will be the same distance

as the shot you will have to make across the canyon.

Obviously this system has its faults. Thick cover, side canyons, etc., can all hamper your pacing. Still it is very accurate and based on sound geometric principles. You can use it to measure a small creek or the Grand Canyon.

This distance estimation system if done precisely can give you extremely long distances. Remember that you can make the base leg distances anything you want as long as they are the same and at a 90-degree angle to the A to B line. The base leg distances are B to 1 and 1 to 2.

A longer base leg distance makes it easier to come up with more accurate distance estimations. This formula, once practiced (say in a parking lot) across short distances, can easily be committed to memory and due to its simplicity, never forgotten.

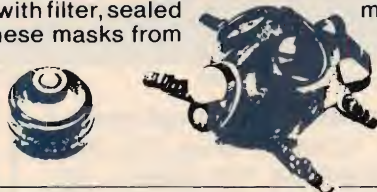
As always, it is important to remember knowledge, not equipment or money, is the most important single ingredient in your continued survival and well being. The mind is your most important and in many cases your only survival tool. Keep it honed and sharp! ●

## Israeli Simplex 4 Gas Masks

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**Israeli Simplex 4 Gas Mask** Nuclear, Biological & Chemical rated. Used by Israeli Military Forces. 1 size fits all due to an excellent suspension system; complete with filter, sealed in original wrap. My competitors sell these masks from \$12.95 to \$29.95. *Why pay more?*  
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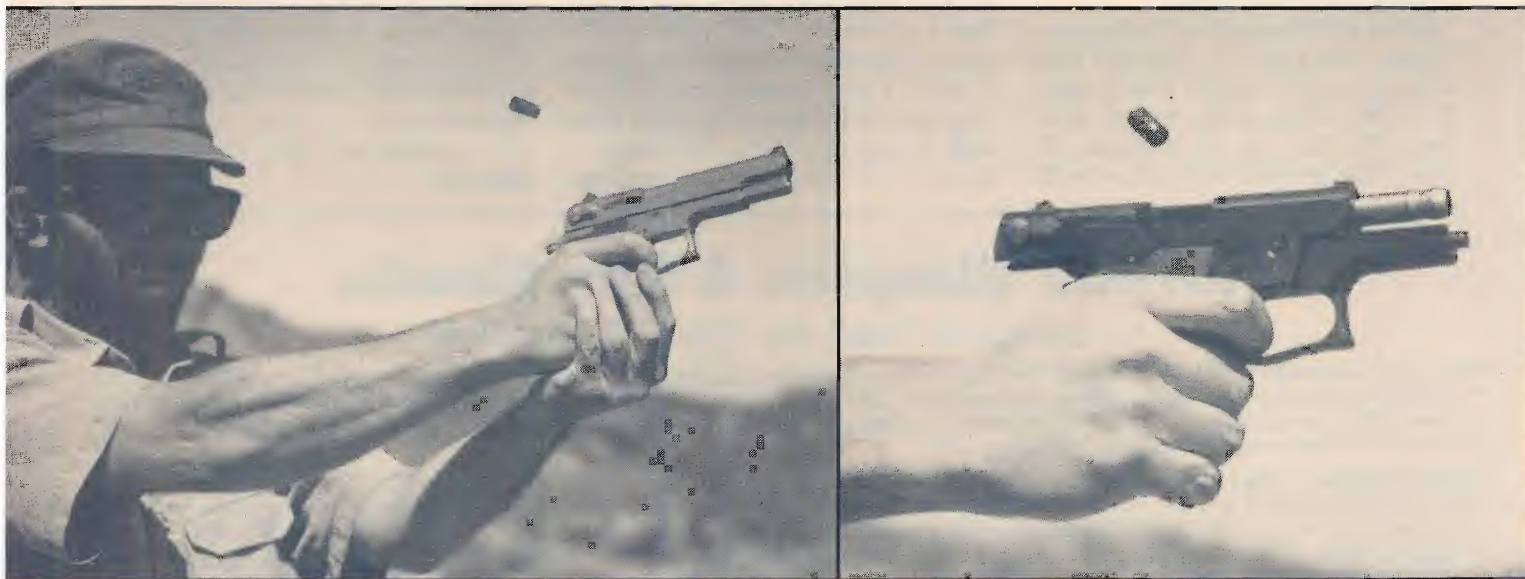
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Smith & Wesson:

# Third Generation Autos

*S&W's new double action semiautomatic 9mm and .45 caliber pistols. . .*



Shooters liked the feel, function and accuracy of the Models 4506 and 6904 test guns.

By Jim Benson

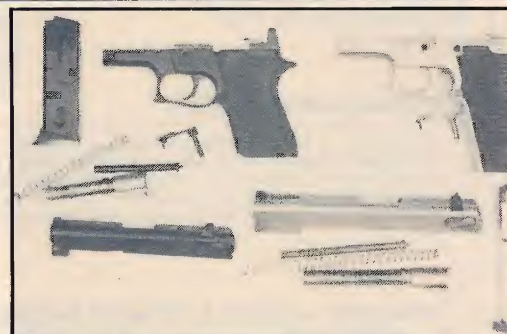
**S**MITH & WESSON's new "third generation" batch of double action semiautomatic 9 millimeter and .45 caliber pistols incorporate more than two dozen improvements over its "second generation" semiauto pistols. The third generation pistols are billed as a "complete re-engineering" of those earlier guns.

The third generation models — 5904 & 5906, 3904 & 3906, 6904 & 6906 and 4506 — are the culmination of two years of research and development with the intent of producing state-of-the-art pistols to meet the needs of the law enforcement community.

With hundreds of law enforcement agencies currently using the S&W second generation auto pistols — Models 439 & 639, 459 & 659, 469 & 669 and 645 — the company had plenty of input to base its design changes on.

And by all accounts since they were introduced last year, the third generation guns are indeed the cream of S&W's crop of semiautomatic handguns. And they are proving to be a big hit with law enforcement people and the shooting public as well.

Among the features offered by the third generation models are: a fixed barrel bushing and cone-shaped muzzle for better accuracy and easier maintenance; three safeties including an ambidextrous safety/decocking lever;



Field stripping and reassembly are accomplished quickly without tools. The process is similar to takedown of the 1911 pistols.

wraparound one-piece Delrin synthetic stock; three-dot sighting system for low-light conditions and either fixed or adjustable sights; chamfered magazine well for quicker, easier reloading

*(Continued on page 66)*





Two of the seven new third generation Smith & Wesson double action semiautomatic pistols: the Model 6904 (upper left) 13-shot 9mm in low-glare blue finish with aluminum alloy frame, carbon steel slide and stainless steel barrel; and the Model 4506 9-shot .45 ACP with satin finish and stainless steel frame, slide and barrel.



Heat Exhaustion, Stroke:

# Too Hot To Handle?

*The proper time to treat any heat related illness is at the early stage. . .*

The best time to move in the harsh desert environment is after sundown or before sunrise.

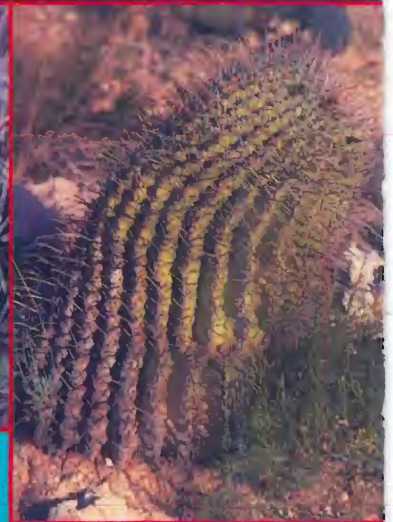
By G. J. Sagi

**T**OM could feel an intense summer sun pounding relentlessly on his back. The muggy canyon seemed to close in, as the pack somehow managed to gain weight with each step.

Finally finding a stretch of inviting shade, he sat down and devoured the last of his water. Even his once welcome stream of perspiration had dried up, leaving him more and more uncomfortable on what was planned as a pleasant hike.

With monolithic walls on either side, it would be another five miles before he was out of this valley, and into a welcome breeze below. Tom, and anyone foolish enough to underestimate Mother Nature's generous warmth, are habitually gambling with their lives.

While many of us may consider 90 degrees F. comfortable, combine high humidity with a heavy pack, and it soon becomes unbearable. In fact, under proper conditions, anyone can



The barrel cactus contains quite a bit of water but requires you to cut a section out and suck it like a watermelon.



This javelina knows how to cool off



Even in the lower Sonoran Desert it's possible to find water.



Most desert animals hide during the daylight hours, only coming out after dark. You can take a survival lesson from them.

Small springs like this are not uncommon in desert areas.



suffer from heat stroke or exhaustion. Nearly every year, another major city's power blackout causes senior citizens to die in the heat. Annually we read about football players who perish during rigorous summer workouts.

At one time or another, almost every one of use has felt the effects of heat exhaustion. Usually after strenuous activity in the sun, you may start to feel a little dizzy, perhaps even disoriented. Literally dripping sweat, soon you'll feel extremely hot, and rather lethargic. When finally, physically unable to continue the activity, you're probably suffering heat exhaustion.

While it's not that serious when you're mowing the lawn, and only a few feet away from an air conditioned bath, if you're several miles from civilization, it's one of nature's most efficient killers.

The proper time to treat any heat related illness is at this early stage. Since the victim's temperature is elevated, the best remedy is to cool him quickly. Put the person in the shade, loosen any binding clothing, employ bystanders to fan them, and pour water on their clothes. Wet a hat, or make a cold compress for their forehead. Allow them to rest.

As they start feeling a little better, allow the victim to slowly drink some water (remember, never give anything to an unconscious person). It's best to give them too little rather than too much though, and a good rule of thumb is to simply wet their lips, until they are able to sit up and take the water themselves.

Do everything possible to make the person comfortable. Make sure they continue to sweat. If need be, continue the cold compresses, and water on the clothing, especially if their temperature doesn't seem to be dropping.

Left untreated or simply ignored, heat exhaustion will develop into heat stroke. Heat stroke is extremely life threatening, and is often typified by the victim losing consciousness, lack of perspiration, and elevated temperature.

The proper treatment is to cool the victim as rapidly as possible. This includes placing the victim in an icy bath, cold compresses on the forehead (remember your head is the body's thermostat, making its temperature most critical), loosening clothing, fanning, and ice packs when at all possible. Of course, when you're in the outdoors, most of these remedies just

aren't possible, and to further complicate matters, usually the ground they have passed out on is over 100 degrees F. as well.

**Heat Survival** — Each year search and rescue units in California, Utah, Arizona, and every other desert state in the nation, are called out to pick up the bodies of people who literally dealt themselves one final, fatal, losing hand. It's tragic, when you consider the hundreds of simple techniques anyone can use to improve their chances of desert/heat survival, avoiding these kinds of problems altogether.

The first, foremost, and most versatile of all outdoor weapons, is a good

(Continued on page 68)

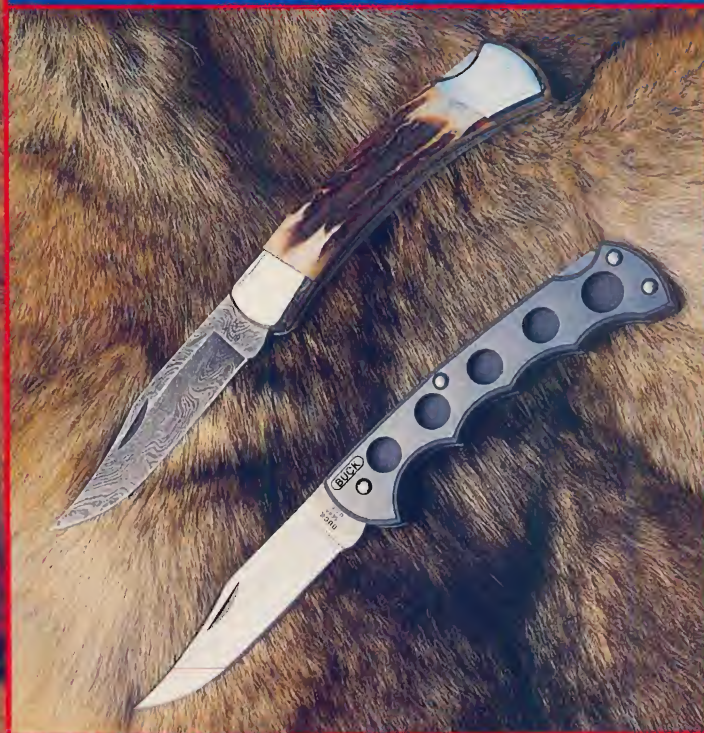




The parkerized BuckMaster with black anodized finish.



Kalinga and Akonua presentation hunting knives.



XLTi Titanium and Damascus/Stag Folding Hunter lockbacks.



# Survival Blades

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*New parkerized BuckMaster, XLTi Titanium and Damascus/Stag folders, Kalinga and Akonua presentation knives. . .*

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## Staff Report

**B**UCK Knives has some exciting new cutlery with survival and other applications. All these blades are made in the outstanding Buck tradition of quality and craftsmanship and have Buck's lifetime warranty against defects in materials or workmanship.

The handsome parkerized BuckMaster survival knife with black anodized finish is a knife used by Navy SEALs and designed to meet "the toughest wilderness challenge."

The rugged, multi-purpose BuckMaster is 12.5 inches overall with 7½-inch blade that is .29-inch thick attached to a super-strong hollow handle that's waterproof for keeping vital supplies dry. Two detachable threaded anchor pins fit on the large guard if needed for underwater use. The "GripTite" black hard plastic sheath attaches with black nylon web belt loop with Fastex buckle to military belts and is secured to a leg with included lanyard. The sheath comes with sharpening stone and extra detachable pouch holding a Silva Type 12 liquid filled compass with meridian lines and transparent base. This knife is selling for about \$150.

The XLTi Titanium handle lockback folder has an eye-catching high-tech look to it. It's light yet extremely tough. Closed it's 5 inches long. Opened, the overall length is 9 inches with 3½-inch high carbon, high chrome steel blade. Finger grooves in the handle provide a sure grip. Comes with nylon belt sheath with Velcro closure. This knife is about \$75.



Buck's new Damascus/Stag Folding Hunter lockback is the same size (closed, open, blade length) as the XLTi but looks much more like an expensive custom knife with its beautiful Damascus steel blade with its intricate, swirling patterns and genuine staghorn handle inlays. Bolsters and liners are nickel-silver. This knife, like the XLTi, features Buck's positive lock-open system. A sturdy leather belt sheath with brass snap closure is provided with the Damascus/Stag Folding Hunter. Retail is about \$175.

The Kalinga and Akonua presenta-

tion hunting knives are tastefully designed and carefully handcrafted. Handles are laminated hardwood with a rich wine color. These knives have 5-inch stainless steel blades and lustrous brass guards. Both come with handsome leather sheaths and are packed in a presentation case. Just as with all other Buck knives, these blades have Buck's famous razor edge and edge-holding quality. The Akonua is about \$105 and the Kalinga is about \$115.

Ask your knife dealer about these and other fine Buck products. ●



# Cruiser Kit

*Automobile life support conversion . . .*

By Ralph Zumbro

**T**HIS nation's Federal Emergency Management Agency (FEMA) is a pathetic joke. Any organization that intends to evacuate New York City alphabetically, when ICBMs are detected 20 minutes away, is not serious! The powers that be have apparently recognized this, because the new federal doctrine is "Self Help." In other words, you're on your own . . .

When any disaster threatens you and yours, your personal crisis relocation plan must depend on your own trans-

portation. If you plan ahead, though, your automobile can provide not only escape, but a relatively comfortable lifestyle, while others are dipping cold water out of a stream and reading by firelight.

That bundle of high technology sitting out in your driveway is more than just transportation. It is a complete model, in miniature, of our mechanical civilization. With just a few modifications, it can be made to provide you with all the amenities that we've learned to take for granted.

Whether you intend to use your chariot for vacation camping, or the speed run to Uncle Fred's farm when the balloon goes up, it can be rigged to provide heat, illumination, electricity, hot food, and even hot and cold running water. Even full use of most power tools is possible. Your basic Ford, Chevy or Dodge can produce all these without sacrificing one iota of its original transportation capabilities. In fact, most of the modifications will actually increase the reliability of the vehicle in question.

Since electricity is the basis of our

modern lifestyles, and also the focus point of our conversions, we'll concentrate there first. An auto alternator is a captive "geni" controlled by hi-tech magic, in the form of a solid state regulator. It is capable of producing much more power than it's normally allowed to deliver. If it is "freed," however, your present battery may suffer an overcharge, so we need to take a closer look at the relationship between the two.

If your alternator is rated at, say, 45 amps, the rating means that it will peak at 45, but cannot be expected to run at maximum output for extended periods of time without damage. What is not generally known, though, is that it will deliver one-half of rated output damn near forever. Also, it will handle much more electrical storage than is presently in your car, without straining itself. I've personally used a Delco 100-amp unit to feed 2,000 amp hours worth of storage for three years, with no problem. You can get heavy duty regulators, or adjustable regulators for most alternators, which will allow you to tailor their output to your needs.

Next, the battery that produces the current that starts your engine is not designed for the deep discharge cycle of a service model. It is expected to quickly release huge amounts of juice, even in freezing weather, while the



All these appliances will work off the battery-powered inverter.



service unit is built to handle all the niggling little loads, such as lights, tape players, etcetera. There are even 12-volt coffee pots and color TVs now, and a gadget called an inverter, which makes 110-volt housepower out of auto current.

The first conversion, then, is the addition of a 100-amp deep cycle battery to the electrical harness. Recreational vehicles and yachts have separate mountings for these, and so should you. The battery, voltage divider and acid-proof box can all be purchased at the RV section of your local discount store, Sears or Wards. By mounting extra electrical storage in your trunk, you gain the capability of carrying modern civilization with you wherever you go.

The voltage divider is no more than a pair of diodes mounted in a heat-absorbing frame. Since diodes allow current to pass only one way, the divider allows the alternator to charge the service battery, but prevents that unit from draining the starting circuit.

In practice, after a night's camping, the engine has full use of its own stored electricity, and the alternator charges both batteries on the way home. The first couple of weekend camping trips should tell you whether you'll need to go for the heavy duty regulator or a larger alternator.

At this stage, the service battery is going to require its own wiring harness, independent from the car's own circuits. Since this is an automotive hookup, we're running single wires, with the ground return through the frame. That is, the negative terminal of the battery is grounded to the chassis, and only the positive side is wired and fused. You'll have to run a length of battery cable from battery positive to the service panel.

The fuse panel itself should be mounted in a safe, dry area in its own insulated box. From there, wires will be run to the various permanent installations such as the water pressure pump, and to the cigarette lighter sockets that serve 12-volt systems as service plugs. All cars come with the normal lighter socket in the dash, but I've found that one in the trunk, one in the back seat, and one inside the engine compartment allow me maximum freedom of usage.

Now, just what can you expect to do with this new found capability? Walk into your neighbor's expensive motor home and look around. And brother, anything he's got, you can now have. All household lights, even the incan-

descent bulb that allows you to read this article, can be had in 12-volt configuration. An auto stereo will fill a large campsite with music, and an inexpensive pump brings pressurized water to the boonies.

While 12-volt fluorescent lights will provide adequate area illumination for a fraction of the current draw of the older types, you're better off with the old "inkies" for reading or mechanical work. A high intensity lamp can be converted to low voltage by removing its transformer and simply wiring it to the battery. It's nothing more than an auto taillight anyway. It is possible, working carefully, to power up an entire campsite off of one diehard battery, for a full weekend.

Enshrined with Murphy's Law, however, is another mechanical constant that says: "There ain't no such thing as a free lunch." So just how much energy is available in that lead and plastic marvel; and just what, exactly, does the term, 100 amps mean?

The wattage formula is the key. Watts divided by volts equals amps, and your battery is rated in amperes. An amp, by the way, is no more than a few trillion electrons marching in step, and a volt is a measure of the pressure behind them, just like water in a pipe. Wattage is a combination of the two. So, let's run the numbers...

A 75-watt bulb at 12 volts, ( $75 \div 12 = 6\frac{1}{4}$ ), will draw six and a quarter amps out of storage for each hour that it burns. So a 100 amp-hour battery should run that bulb for about 16 hours, right? In actual practice, that's what will happen. My wife and I lived off batteries on a large boat for almost five years, and tested all this on our own equipment. The figures can be trusted to match up to real life.

A 12-volt fluorescent light takes about 32 watts, and a reading light draws only 15 watts, so you can have lights for a long time. In fact, a roof or trunk-mounted solar panel will normally keep up with lighting use.

**Life Support** — Now for the kicker... A water pressure pump, at six amps, uses the same amount of juice as that 75-watt bulb, so you can build a full life support system into your chariot. Any RV store will sell you the pump and tubing, and plastic water tanks can be had from larger dealers, in sizes to fit all trunks, shapes to fit most trunks, or that space where your back seat used to be. Most of those tanks are rectangular, and all you need to do is measure the space you have avail-



This second-hand family chariot serves as much more than emergency transportation. As modified by the author, it will provide many of life's modern amenities while the family is out in the boonies.

able, make allowance for plumbing and figure up your storage capacity.

A normal sedan trunk would hold a tank of 6" x 36" x 48" — that's over 40 gallons. The tank, pump, pressure switch and assorted plumbing shouldn't cost over \$200. You've now got working water pressure and adequate electrical storage. From here, we branch out a bit... plumbing first.

The picture shows the pump connection order. Basically, the pump draws water from the tank and forces it through the filter, past the accumulator, to the taps. The filter is not pressure sensitive, and can be put on either the intake or pressure side of the pump. The accumulator is a simple surge tank and serves to smooth out the flow of water. It also stores just enough liquid to top off the rug rats (children) at bedtime, long after the electrical system is shut down for the night.

Now, let's get sophisticated. Since these are positive displacement pumps, they are self-priming and will draw from a variety of sources. What this means is that you can shut off your purified storage tank and draw water from a stream for washing and, through the filter, for cooking. By installing a taste/odor charcoal filter, and a .05 micron iodized filter, you can actually draw in and purify stream water.



The homemade water pressure system.



# Cruiser Kit

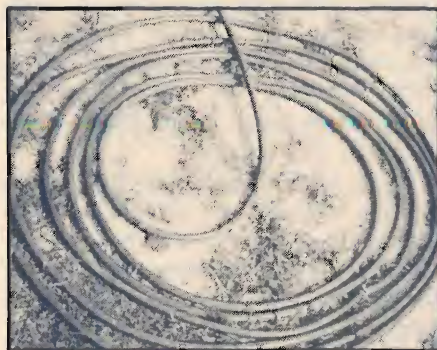
You can also chemically treat it with chlorine, and we found that after it's done the work, the chlorine taste will evaporate in about 24 hours — if the tank vent is left open. Believe me, the water in the Florida Keys is BAD, but we were able to civilize it with this kind of hookup.

Hot water is one of civilization's great luxuries, and there's no need to go without it in the boonies. If you've found a way to purify and pressurize water, heating it should be no particular problem. As the photo shows, even a coil of garden hose laid on the ground will serve as a solar water heater, but we can get more sophisticated than this. The coil could be put on top of the car, for instance, and covered with heavy plastic in order to trap even more heat.

The engine itself, however, is a primary source of heat. Most internal combustion engines blow off about 70 percent of the energy of their fuel as waste heat. That mill under your hood is three times more efficient as a furnace than as a source of mechanical power. If there's room under the hood, you can simply install a small storage tank that is connected to the pressure system; and any time the engine is running, basic radiation will provide hot water. If, like many modern cars, there's not too much space under the hood, you can get a marine heat exchanger and install it in one of the heater hoses.

These devices, available from any dealer that handles inboard engines, transfer heat from one liquid to another. Used as water heaters, the high volume side is plumbed to the engine, and the heat take-off side to the water pressure system... Now you've got civilized luxuries.

But as long as we're stealing heat from the engine, let's look at another handy convenience — an engine-heated slow cooker. An engine running at 180 to 200 degrees is operating in the same range as a crockpot, and there are several ways to take advantage of this fact. Some of my forest ranger friends, just before setting out on a long day of fire lane clearing, would brown a tip roast on top of the stove. Then, once the engine in their pickup truck was running, they would wrap the meat, along with carrots, peppers, potatoes, onions and seasonings (and a little



The simple solar water heater. One hundred feet of hose provides one hot shower.

water), in aluminum foil. With the foil package wired to the top of the V-8, behind the carburetor, they were assured of a tasty meal when they camped that night.

That trick will still work. But there's a more convenient way to make use of waste heat, and that's to tap into the heater line once again. This time, we'll need a two-quart pot, some good quality insulation and 8 feet of  $\frac{1}{2}$ " copper tubing. The procedure is to wrap the bottom third of the pot tightly with the tubing, and then cover the pot and tubing with insulation.

In order to insure a snug fit, first coil the tubing up as tight as it will go, without kinking. That way, it will grip the side of the pot tightly. Once the insulation is in place, you may want to fabricate a sheet metal shroud, for a professional looking job. If this rig is installed on a shelf under the dash, and plugged into the heater hose, you've got an engine-driven cooker, and the heater control valve will allow you to regulate the cooking temperature.

**Housepower** — Okay, we've got you set up with lights, cooking capabilities, hot and cold running water; so let's go back and look carefully at what else can be had out of that oversized electrical package. As long as you're lugging that extra battery around, it might as well deliver all it is capable of, such as 110-volt housepower — right out in the boondocks.

The easiest way is to use an inverter which makes the 12-volt direct current out of your battery, "inverts" it to AC and then runs it through a transformer to raise the voltage to 110 AC — almost like the juice that comes out of your wall sockets.

There are two terminals on the inverter which must be connected to the battery, and usually a pair of standard three-prong sockets on the casing. All that's necessary is to find a secure place to mount the device, wire it up, and you're in business. But before you

rush out and buy one of these marvelous gadgets, you'll need to check carefully through any of the appliances that you will be taking to the woods.

What you must do, is match up the current draw, in watts, with the rated output of the inverter. If the inverter is rated at 600 watts, for example, you're not going to be able to run a 1,200-watt electric frying pan off it. And, as the power output goes up, so does the price. An inverter capable of running massive power tools can get prohibitively expensive.

Another caution on the subject of inverters, is that there are two types: rotary and transistor; and you must make trade-offs to suit your situation and pocketbook. The rotary models are no more than a little generator driven by a DC motor that runs off your battery. While they're less efficient than the transistor jobs, they are much more reliable, and can be repaired at any backwoods shop. The Space Age types may need to be taken back to a large facility for overhaul.

There are many ways of wringing housepower out of a car for camping and emergencies, but the most reliable use of your battery/alternator system is to have 12-volt appliances to begin with. There are a lot more available than you'd think, and some 110-volt appliances can even be converted to battery use. Sears, for instance, now sells 12-volt frying pans and coffee pots.

Three major sources for battery-powered appliances are: marine stores, RV suppliers and auto accessory suppliers. The auto section of your local discount store can provide searchlights, camp lights, vacuum cleaners and even 12-volt air compressors. While those compressors might seem to be a luxury, running backroads can produce more flats than you'd like to think about.

The variety of tools and appliances is larger in marine and yachting stores, but you've got to watch their pricing habits, and shop carefully, as many of them deal with the carriage trade and charge accordingly.

There are large varieties of self-battery-powered tools on the market, and if you'll look at the voltage rating of the battery in the handle, you will find that many of them run just fine on 12-volt DC with a little rewiring. . . Some however, operate on 9.5 volts, so check carefully.

**Cruising Range** — We have seen that your car can be more than just trans-



portation. It can provide most of the conveniences that we normally take for granted, such as lights, heat, running water, and even power tools for repairs. All this, however, requires fuel. So, that's our next topic — cruising range and extra tankage.

The average car will travel about three hundred miles with three adults and all their gear. And in a survival situation, that is not enough. The first thought that comes to mind, of course, is gas cans. Over the years, I've had too dang much trouble with plastic fuel containers to ever recommend, or use them again. You get what you pay for, and galvanized metal is best for gasoline, and bare metal for diesel fuel (Under certain conditions, diesel will attack zinc).

I've also found that, with the low trunk heights of modern cars, the squat 2½-gallon cans are better than the older, taller sizes. While long-range tanks are usually thought of in conjunction with pickups and RVs, you can also get them for many models of sedans or vans. With extra fuel on board, your running range increases drastically. A 3,000-pound sedan with an old six-banger and an 18-gallon tank gets about 20 mph at highway speeds. Add a 20-gallon cruise tank, and five 2½-gallon cans in the trunk, and you're up to over 800 miles of range.

As you will have noticed in this and previous articles of mine, the trunk is starting to fill up with automotive gear. After years of car camping all over this continent, that's become our normal practice. The storage space in the trunk is deliberately vented to eliminate fume buildup, and the space is devoted to automotive spares — extra fuel, lubricants, tools and tires. The Coleman stove and lantern also are stored back there out of harm's way.

Food, clothing, medicine, bedding, etcetera, are stored in a modified passenger area. The trick here is to pull the back seat, and replace it with decked-over storage. This creates a huge extra compartment for combustibles and delicate supplies. Also, by adding a layer of foam on the decking, you can provide a padded area for your descendants to bounce around in while you get them to a place of safety until the current catastrophe blows over.

In the meantime, you have created a very useful vacation vehicle out of a normal sedan, at very little cost. Your holiday excursions can serve as test runs for the real thing. . . helping train your family for survival in rough times. ●

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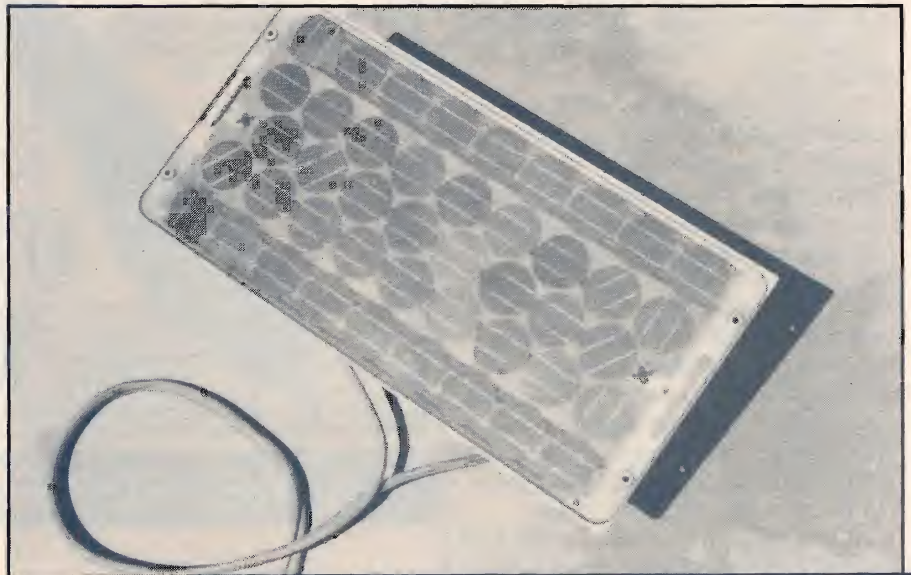
## Staff Report

**H**igh quality industrial solar panels have been obtained by Survival Inc., and these "good as new" photovoltaic panels are being offered at a fraction of the original cost. Each panel contains 44 solar cells manufactured by Arco Solar Inc., encased in a high impact plastic and aluminum frame. The panels measure 12" x 24" and will produce eight watts of power at approximately one half an amp.

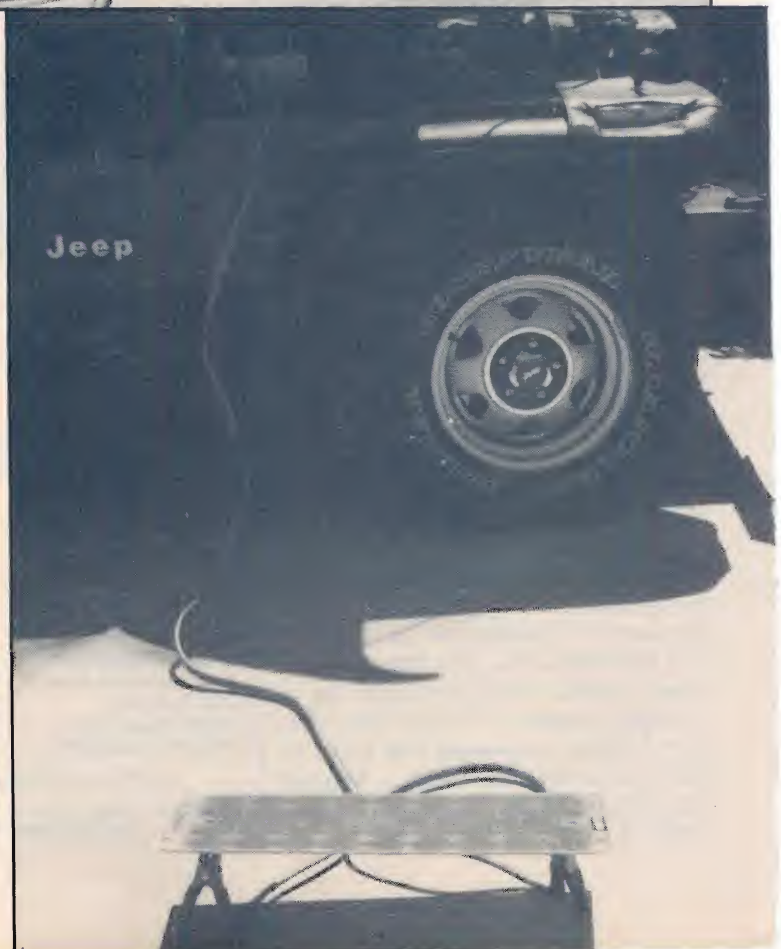
The panels were used for a government project with an original price of \$184 per panel. A sticker from the U.S. Dept. of Energy is affixed to the panel with a serial number and label reading M.I.T. Lincoln Laboratory. When the project ended the solar panels were sold as surplus even though they still operate at 95 to 100 percent original power output.

We tested a solar panel provided by S.I. and found that it produced slightly over 16 volts of power on a clear, hot sunny day. Using jumper cables we easily connected the panel to a car battery to test its charging ability. The volt meter demonstrated that the panel was actually charging the battery. Small appliances designed to run on DC current could easily run from energy collected by these panels.

Each panel sells for \$99 plus \$7.50 shipping and handling. Two panels sell for \$185 postpaid. Contact: Survival Incorporated, P.O. Box 3796, Gardena, CA 90247; Call (800) 533-7415 for orders outside California or (213) 324-8855 from inside California. Open Monday through Thursday 8:00 A.M. to 6:00 P.M. Pacific Time. ●



These surplus solar panels contain 44 solar cells and produce 8 watts of electricity at one half amp. Wire shown is a pair of jumper cables.



Using jumper cables we wired the solar panel to the car battery. A voltmeter showed that the panel was putting out over 16 volts and was charging the battery.



# Professional Locksmithing Tools

## LOCKAID

Specifically designed to pick tumbler locks. Designed over thirty years ago to aid law enforcement agencies. Consists of tension wrench, three needles and Lockaid "Gun." Prices include a copy of the book "Lock Picking Simplified."

Lockaid \$59.95



## PIX MODEL 13

This deluxe yet compact kit features 11 of the most commonly used tools. Comes in a slim cowhide leather case for discreet undercover operatives. As a special bonus, a 5 piece set of **warded picks is included**. A 16 piece set total. Also included, a copy of "Lockpicking Simplified." Receive all this at a Low price of:

Pix 13 \$39.95



## PIX-QUICK MODEL A

These high quality picks feature new lighter non-breakable plastic color coded handles. Picks are of .022 blue spring steel...hardened to perfection. Eight piece set comes with handy see-through case with two extra pockets and a copy of "Lockpicking Simplified."

Model A \$19.95



## PIX-QUICK MODEL B

Same color coded set as Model A. Only with deluxe 13 pieces. Price includes tension wrench and book.

Model B \$27.95

## PIX-EZ All-In-One Pick-Set

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As convenient to carry and use as a pocket knife!  
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## WKS PICKS

Made of the finest blue tempered spring steel this 5 piece padlock pick-set is a must in every locksmith's tool box. This set will pick open most every warded padlock made today.

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## MONTHLY SPECIAL

Receive a combination set, includes Pix Quick Model A, Double sided Disk tumbler Picks, Sesame Decoder and a schlage Wafer.

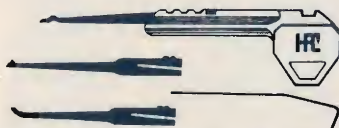
An \$87.80 Value at a low price of \$59.95.

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How to Pick Pins & Wafers	\$8.95
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## KEY RING PICK SET



This unique design is ideal when low profile is required or to keep on your keyring for emergencies. Contains a tension wrench, three picks and the "Key Pick."

Key Ring Pick Set \$24.95



## ESP-13

This handy new pick set is the most popular set among professional locksmiths today. This kit consists of 12 different tools housed in a handsome black leather case designed for a shirt pocket. Included in the price, you receive a 5 piece warded key set and a copy of "Lockpicking Simplified." 17 piece set total.

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## DOUBLE SIDED DISK TUMBLER PICKS

Set of 4 picks designed to be used on the most popular double-sided disc tumbler, showcase, cam and padlocks.

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The most effective tubular pick on the market, unlike the larger picks with long handles or screwdriver handles. The longer the tool, the more pressure needed which causes easy breakage. The advantage of the Mini Pick is it is so short, you only use your thumb and index finger. With a little practice this tool will open a tubular lock in less than a minute. A. Your Choice: (1) Center (2) Offset left (3) Offset right; B. "Segal" 8 pin tubular; C. 5-pin Tubular; D. 6-pin Tubular; E. 8-Pin Ace.

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This tool was designed to decode the exact combination of a sesame padlock without damaging the lock. Detailed instruction included.



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## SCHLAGE WAFER

The most fantastic tool you will ever use. This set consists of two base keys and pick. Complete instructions included.

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# Five Deadly Enemies of Stored Foods

*How to avoid waste and spoilage...*

The information in this article is drawn from the report, *The Five Deadly Enemies To Your Food Storage*, from NITRO-PAK Survival Foods & Supplies, 11018 E. Rosecrans Ave., Suite 300, Norwalk, CA 90650; (213) 929-4705 -- The editors.

## Staff Report

**P**ROPER storage of your food supply is critical for maximum shelf life and nutritional value. The wrong methods of storing foods can result in spoilage and loss of stored foods.

There are five deadly enemies of stored foods.

These are heat, light, moisture, oxygen and insect infestation.

Heat can substantially reduce storage food shelf life by breaking down its vitamin and protein value. But heat exposure doesn't necessarily mean your storage food has lost all of its edible value. It can still be safe for consumption for some time afterwards and still provide needed calories. A good rule of thumb is that if the food item looks and smells good it's probably safe to eat. All types of foods are affected by heat, whether they are wet pack foods such as store bought cans or jars, low moisture dehydrated foods, freeze-dried foods or military ready-to-eat type meals.

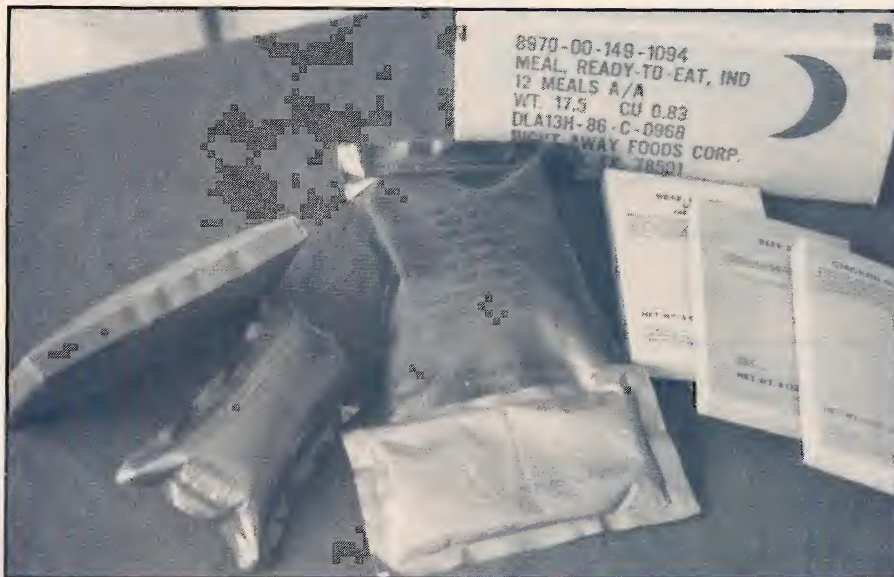
Recent government studies on the estimated shelf life of military MREs (meals ready to eat), as the following table illustrates, show the dramatic effect temperature plays in long term storage life.

## MRE Storage Life\*

Stored Degrees F	60	70	80	90	100	110	120
Est. Storage Life Months:	130	100	76	55	22	5	1

\*Projections of U.S. Army

Foods stored at 60 degrees F. or less



Swollen MRE storage foods, at left, are a sure sign of contamination and these foods should be discarded.

will have the best storage shelf life. The optimum storage temperature range for maximum shelf life is between 40 and 50 degrees F. Locate your storage foods in the coolest, darkest and driest area you can find. In your home, the best places to keep storage foods are the basement, under beds, under the house (if crawl space is available), in closets, root cellars and garages. Basements, closets and root cellars are typically the coolest locations.

Keeping stored foods off the ground by placing them on cinder blocks or bricks combined with 2 x 4 boards across them and evenly spaced for your storage to rest on will give your food containers adequate ventilation and prevent any metal (such as #10 cans) from rusting due to contact with ground moisture. If you store your foods in a closet, make sure it's one that is infrequently used and away from heat sources. Likewise, if your garage becomes hot at times you would not want to store your foods there.

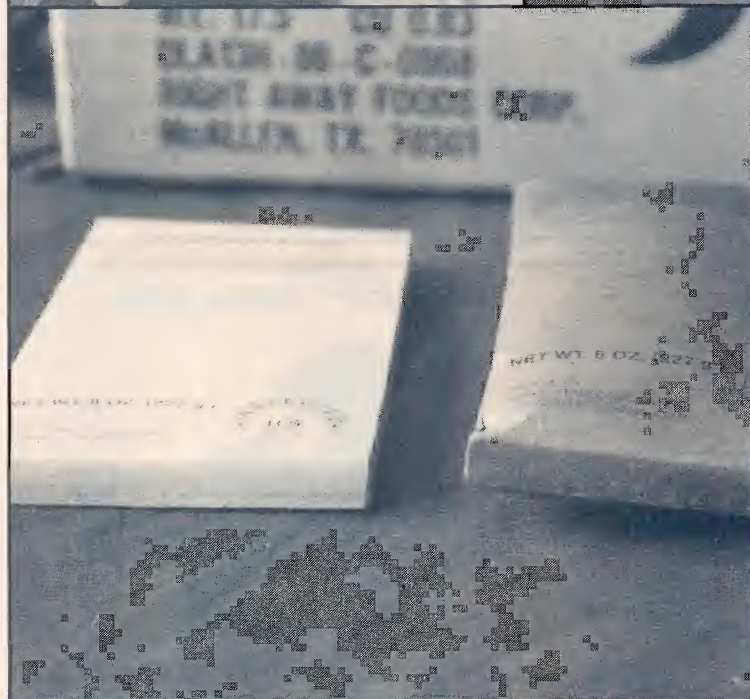
Always keep your foods out of direct

contact with sunlight. Sunlight will increase the temperature inside the containers and quickly reduce the nutritional value of the contents. Among the best containers are #10 (5/6 gallon) double enamel cans or 5-gallon metal cans. Besides protecting best against light they also protect against the other enemies of food storage.

Plastic food containers purchased from your local store are not designed for long term storage and should not be used. These will tend to break down and deteriorate over time, destroying the foods inside them.

Moisture can also be a deadly enemy to food storage and those foods must be properly stored in a dry place. If foods are exposed to excessive amounts of moisture before or after being canned, this could lead to a food supply that becomes rancid and is a breeding ground for bacteria and mold. Moisture will not only affect your food supply but will also damage the containers that hold it. If not properly stored, metal containers can sweat from exposure to moisture and will





Bacteria-contaminated MRE pouches compared with still edible MRE pouches. There was no odor about these contaminated foods but their enlarged size is a clear indication of spoilage. A good rule of thumb is that if your food looks and smells good it is probably all right to eat. Discard any unusually smelling, tasting or looking storage food.



Keeping storage foods, especially those in metal containers, off the ground provides ventilation and prevents container rust due to contact with ground moisture.

eventually rust. As has been mentioned, this can be avoided by keeping your food storage off the ground and away from moist areas.

When it comes time to use your stored foods, always be sure to re-seal your containers quickly and tightly after their use to keep them dry. If you use #10 cans be sure to have an adequate supply of plastic re-sealing lids. Packing your own grains in plastic lined metal cans helps to insure dryness.

Oxygen inside your food containers will rob your reserve of its nutritional value by allowing it to break down by oxidation. The oxygen must be removed as much as possible from your storage foods for maximum storage life. There are several ways to do this.

One way is to use dry ice (carbon dioxide) to force most of the air out of the food container before it is sealed. Place about 2 inches of the stored food item in the bottom of the container so it covers the bottom. Then place about

2 ounces of dry ice (per 5 gallons of food product) inside the container (dry ice can be purchased from ice houses or ice cream outlets) and continue to fill it up with the food product. As the dry ice evaporates it forces most of the air up and out of the container. This may take a few hours to accomplish and sealing the container too soon would cause it to explode due to the pressure build up. To prevent this loosely lay the lid on top until the dry ice has fully evaporated and then

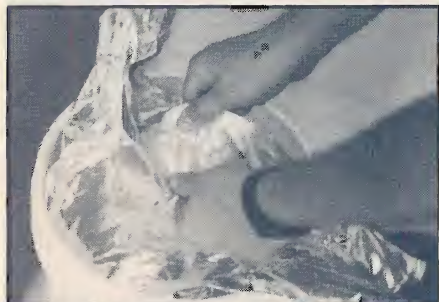


# Five Deadly Enemies of Stored Foods

tightly seal the container.

The removal of oxygen by the nitrogen probe method is accomplished by either placing your food in first or putting the probe in first and then adding the food. Then the container is injected with a nitrogen atmosphere from a bulk tank which forces most of the oxygen out. The container is immediately sealed tightly to lock in the nitrogen. Store the item as previously described.

The NITRO-PAK method of removing oxygen utilizes a special process which involves a vacuum chamber with



This storage wheat is sealed inside a nitrogen-packed foil package inside the plastic bucket container.



approximately -15 psi pressure inside which is flooded with a positive pressure of pure nitrogen storage atmosphere. This is done after the food item has been carefully weighed out and placed in the container. After this process the cans are quickly removed and sealed for the longest shelf life possible.

Nitrogen, which composes 80 percent of the air we breathe, is totally safe and harmless to foods and is colorless and tasteless.

All stored grains may be infested with insects if not properly stored. Most grains contain a small amount of oxygen and moisture and because of this insects can have an environment to live and hatch eggs in.

To avoid this problem the oxygen must be removed using the methods described above. If you are packing your own foods, you may wish to use bay leaves inside the containers to help control this problem. Fumigants are not recommended for insect control because the chemicals used could be harmful. ●

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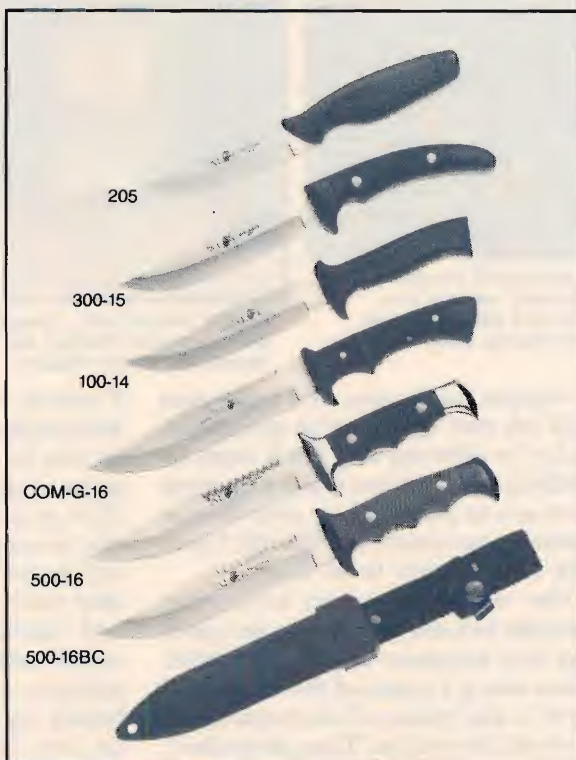
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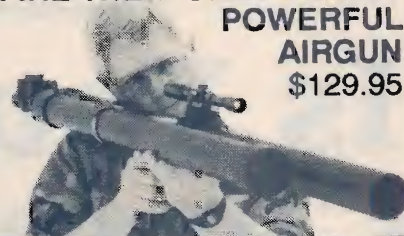
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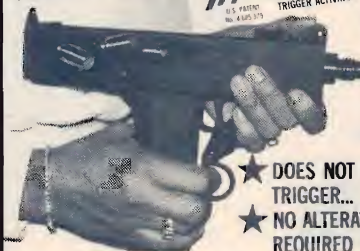
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# Is Your Computer Contagious?

*Recognizing the threat posed by computer viruses . . .*

By Michael Pietrantonio



A major East Coast hospital lost a large portion of its patient records to a computer virus. Should such a virus infect a diagnostic system such as a CAT scanner, the lives of patients could be in jeopardy (EMI Industries).

**B**IOLOGICAL warfare, a form of war so hideous that it has long been outlawed by the international community, is making a comeback. Viruses created by man solely to bring destruction and havoc upon society are multiplying and spreading. Many victims, already infected, have no way of knowing they have been targeted and attacked.

The war zone for this new type of "viral warfare" is not limited to specific geographical areas. Once released, these killer viruses spread randomly, haphazardly, and continuously. They attack the intended target and then seek other targets of opportunity as they present themselves. Time and distance pose no obstacle to the spread of this viral plague. Transmission and infection can occur virtually instantaneously, even if the new victim is thousands of miles removed from the carrier.

The battlefield upon which this conflict is being fought is the tiny silicon miracle which serves as the heart and brain for every computer system in the world. The new "biological warfare" weapon which threatens the very foundation upon which our technological civilization depends is the computer virus program.

Consider the following. In September 1988, a jury convicted a former computer programmer for an insurance company of using a computer virus to wipe out 168,000 payroll and sales records in the company's computer. The virus was released by the programmer in revenge for having been fired.

The FBI is currently investigating a computer virus planted in a NASA computer network. The virus destroyed many sensitive records.

A few years ago a computer virus infected a computer which stored the medical records of a major East Coast hospital. Some 40 percent of those records were destroyed.

More recently, in what is perhaps the most publicized computer virus outbreak so far, a Cornell graduate student released a computer virus onto the ARPANET system. ARPANET is run by the Department of Defense, DoD, and links together some 60,000 individual computers belonging to universities, defense contractors, and the military. Released as an experiment, the virus was supposed to be harmless. However, because of a tiny programming error, the virus ran rampant through the ARPANET system.



Within hours of its release some 6,000 individual computers were infected and forced to shut down. Fortunately no data were lost, however, the cost in lost computer time and the efforts needed to track down and eradicate the virus is expected to total some \$100 million.

These examples are by no means isolated instances. In the past few years hundreds, (some experts say thousands) of computer virus outbreaks have been recorded throughout the world.

A computer virus is simply a computer program which instructs a computer to take an unauthorized action. Since virus programs usually do not require large amounts of programming code, they are often hidden within the programming code of larger programs. Even relatively simple software such as standard word processing or spreadsheet programs often consist of tens of thousands of lines of programming code. An effective virus program consisting of a few dozen lines of code can easily be concealed within the larger program. Once disguised in this manner the virus program is virtually undetectable.

Virus programs come in a wide variety and are categorized by the type of action they initiate within a computer. These actions can range from displaying harmless messages on the operator's screen, to destroying, or worse, altering, the data stored in the computer's memory. A good example of a relatively harmless virus is one known as "Cookie Monster." This virus instructs a computer to cease its normal processing functions and then displays the message, "I Want A Cookie," on the operator's screen. The computer will resume its normal operations only after the operator types in the word "cookie." The Cookie Monster virus is harmless in that it is not designed to destroy or alter data.

Almost all computer virus programs are designed to reproduce themselves. They instruct a computer to store the virus code within its memory and then to copy that code into any other programs that are run on the infected computer. Those programs then become infected and in turn pass the virus program into the memory of any computers upon which they are run.

Viruses also frequently instruct a computer to pass copies of themselves along telephone lines which link the infected computer to other systems. That is what happened with the ARPANET virus mentioned earlier, and with another virus known as the "Christ-

mas virus." The Christmas virus was designed in Germany by a student, and within a few months of its release onto a German computer network, had infected thousands of computers across five continents, including an important IBM network in the U.S.

Most computer viruses are, unfortunately, designed to do more than flash silly messages to the operator. For example there is a type of virus known as a "worm." This virus is designed to attack and destroy the programming instructions within a computer. Most viruses attack the data stored in the computer's memory. The worm, on the other hand, attacks the programming by which a computer is told what to do with the data stored in memory.

Another type of computer virus, known as a "Trojan Horse" is designed to camouflage its true activity of destroying data held within a computer's memory. A computer infected by a Trojan Horse virus will appear to be functioning normally, but will actually be destroying data and files stored within its memory. Such a Trojan Horse virus recently struck the computers used by the Providence *Journal-Bulletin*. Some writers for the paper lost up to six months worth of notes and interviews which they had stored in the *Journal-Bulletin's* computers.

Computer viruses can do damage in ways other than destroying data or programs. An example of such a "non-lethal" virus is one known as a "trapdoor." This type of virus allows an unauthorized person access to a computer system. It can be designed so as to eliminate all records or evidence of an unauthorized user's having entered the system.

The trapdoor virus is particularly suited to someone seeking classified information stored within a computer. Such a person might be working for a foreign intelligence service, or a corporation seeking information on its competitors. It is also conceivable that he might be working freelance, gathering classified information for sale to the highest bidder, sort of a computer mercenary.

**Why Viruses?** — The programmers who create and release computer viruses do so with varying intents and motives. Some present a greater danger to society than others.

On the low end of the danger scale is the "thrill seeker." This type of "computer saboteur" is motivated by the challenge of devising ever newer

virus programs, and of breaking into supposedly secure computer systems. He views his activities as more of an intellectual game than as a crime or sabotage.

A high proportion of the thrill seeking computer saboteurs are college students. In fact, there has been a rash of computer virus outbreaks on college campuses across the U.S. in the past few years. Seldom does the thrill seeker set out to cause major damage to a computer system. When such damage does occur it is most often due to a lack of programming skill on the part of the thrill seeker.

A much greater danger is posed by the criminally motivated computer saboteur. This type of computer criminal sees virus programs as a tool of extortion. As society becomes more dependent on the continued flow of computerized information at all levels, the threat posed by the criminally motivated computer saboteur grows proportionately. Imagine the consequences of a virus infecting the computers which run the nation's air traffic control system, or those which control the financial and banking networks.

A few years ago a computer used by the Los Angeles Department of Water and Power was shut down by a type of virus known as a "Logic bomb." Though in this case no extortion demands were made, the Los Angeles Police Department noted that the same type of virus could easily have been implanted in the computer responsible for the distribution of water and electricity to the more than one million customers of the Los Angeles Department of Water and Power. There are thousands of such potentially lucrative targets across the U.S. for an extortionist wielding a computer virus to choose from.

The computer programmer mentioned at the beginning of this article, who used a computer virus to destroy his ex-employer's payroll and sales records, illustrates yet another motive for computer sabotage, revenge. The computer saboteur seeking revenge is highly likely to use virus programs and sabotage techniques which will cause major damage and loss of data in the system he is attacking. Whether his target is a municipal entity or a private corporation, the revenge motivated saboteur is likely to effect not only his direct target, but also customers, clients, and the general population.

The last and probably the most dangerous type of computer saboteur is one who is motivated by ideology. Whether he is an agent working for



# Is Your Computer Contagious?

a foreign government, or a fanatic bent on wreaking havoc, he presents a clear danger to national security.

The ways in which computer viruses can be used as tools of espionage, and in some instances weapons of war, are numerous. Consider the following two cases:

In 1988 Israeli computer experts accidentally discovered that a computer virus had widely infected computers across the country. The virus was designed to infect as many systems as possible, but to have no visible effects on those systems until a preassigned date and time. At that time all of the infected systems would shut down and lose whatever data they had in memory. The date which the saboteur had chosen was Friday, May 13, 1988, which, besides being a Friday the 13th, was also the 40th anniversary of the last day that Palestine had existed as a political entity. The experts working to destroy the virus weren't sure at first whether the virus was meant as a political protest or as a high tech Friday the 13th joke. However, in analyzing the virus they soon discovered that it had been specifically designed to ignore an earlier Friday the 13th in November, 1987. The message was clear. This was the first acknowledged case where a virus program was used a political-military weapon.

In 1987 a West German student was arrested in his Hanover apartment and charged with illegally entering some 30 U.S. based computer systems. All of the systems were run by U.S. defense contractors and the U.S. military. In the 10 months prior to his arrest the student had attempted to penetrate some 400 defense related computer systems in the U.S. The FBI, which is investigating the possibility that the student was actually an east bloc agent, said that he used a sophisticated Trojan horse virus program to bypass the security safeguards in the systems which he entered.

Perhaps the ultimate computer virus nightmare for defense planners is the "Wargames Scenario." That is, a virus planted in the computers which control the nation's nuclear forces. There is little, if any, chance of such a virus infection actually occurring, as the computers used for the command and control of nuclear operations are "stand alone" systems. Stand alone systems

are not linked to other computer networks and are not vulnerable to outside virus attacks. Other factors such as encoded data transmissions carried along secured data links, make the possibility of a virus infecting the nuclear command and control computers virtually nil.

That's the good news. The bad news is that the DoD has recognized that many other military and tactical computer networks are vulnerable to such an attack. As far back as 1985 the National Security Agency, NSA (the agency responsible for insuring the security of classified communications), was rumored to have already convened numerous top secret conferences of leading U.S. computer experts, to address the problems posed by computer viruses. In December, 1988, the DoD announced the creation of an emergency team consisting of 100 computer experts, whose mission is to respond to virus attacks on DoD systems.

**Treating The Virus** — Recognizing the threat posed by computer viruses, business, government, and even individual computer owners, have begun to seek ways to both prevent and deal with virus attacks. A number of "vaccine" programs are now on the market which claim the ability to detect and destroy virus programs. There are currently some 25 companies offering anti-viral software packages for prices ranging from \$30 to a few hundred dollars. According to John McAfee, chairman of the newly formed Computer Virus Industry Association, the effectiveness of these vaccine programs can range from "fairly good... to questionable."

The development of computer virus vaccine programs has also had the unforeseen effect of causing those who create virus programs to seek ever more efficient viruses in an attempt to overcome the vaccine programs. "People feel challenged" to defeat the vaccine programs, says Stephen Levy, author of *Hackers*. And, notes Dan Flynn, director of marketing for Director Technologies, Inc., "Any vaccine can be circumvented by someone who is just a little more clever."

Vaccine programs are only one weapon being used in the war against computer viruses. Many larger corporations have rewritten their policies concerning their employees' use of the company's computers. For example,

employees of Hewlett-Packard and AT&T Bell Labs are now strictly prohibited from using any software acquired off the job or through computer bulletin board systems. Other companies have sharply limited telephone access to their computer systems. Only those calling from authorized telephone numbers are allowed access to the company's computers.

Many government agencies which store classified or sensitive information in their computers, in addition to using anti-viral software and limiting access to their systems, now also routinely shut down their systems when changing software programs. This practice prevents the transfer of a virus from one program to another, and erases any viruses which may have been stored in the computer's main memory. This method of protection is both time consuming and expensive, and is not a practical alternative for most computer users.

"The viruses we've seen so far are child's play," says computer security expert Donn Parker of SRI International. Most experts in the field agree that the problem of computer viruses will get worse in the future. The sophistication of virus programs will continue to evolve, and so too will their capacity to disrupt ever larger segments of society.

In an article in the *Futurist*, computer expert Perry R. Morrison illustrated a chilling scenario of viruses (he calls them parasites) designed with a level of artificial intelligence and incorporating a "self preservation" instinct. "On some systems it might be possible for a sufficiently intelligent parasite to detect the initiation of the shut down procedure and write itself onto the disk, thereby placing itself in suspended animation."

In what may be a portent of things to come, *USA Today* ran a story on Friday, May 13, 1988, under the headline "Beware a Friday the 13th Computer Virus." One can easily envision headlines of a similar nature, warning computer owners and users of a Halloween virus, an April fools virus, etc.

It is an ironic coincidence that at the very same time the AIDS virus has become recognized as a threat to society, so too has the computer virus. Which of the two viruses, the biological, or the electronic, poses a greater threat, is a question yet to be answered. ●



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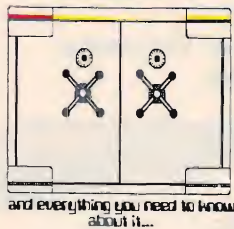
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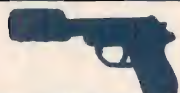
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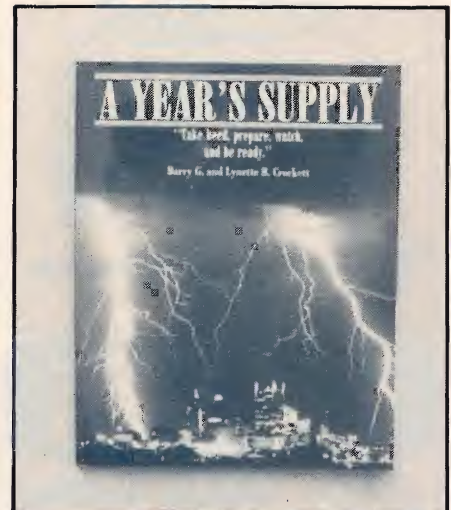
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# BOOKS/VIDEOS

(Continued from page 11)

**A Year's Supply**, by Barry G. and Lynette B. Crockett, NITRO-PAK Survival Foods and Supplies, Dept. ASG, 11018 E. Rosecrans Ave. #300, Norwalk, CA 90650; (213) 929-4705; 117 pages, softcover; \$10.95 plus \$1.75 shipping and handling.

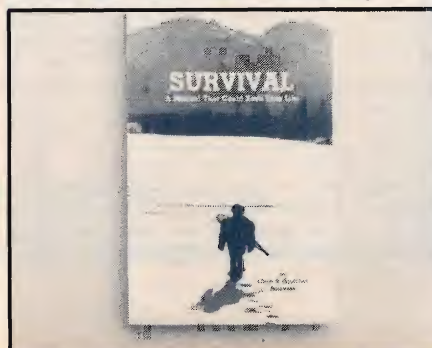
*A Year's Supply* is an urgent, practical, and simple guide to help you and your family prepare a year's supply of food, clothing, fuel, and other basic commodities to promote greater self-reliance and provident living. Suggested quantities of grains, nonfat dry milk, sugar or honey, salt, oil and dried legumes are listed as well as lists for MREs, vitamins, and other storage foods. Shelf-life is discussed, storage containers, and storage conditions also. Other lists cover subjects like infant needs, fuel, clothing and medications. Mormon prophets have asked their members for quite a while to store food and supplies to last



through a year. A section at the back of the book lists some of these prophetic statements. Brigham Young said that "the time will come that gold will hold no comparison in value to a bushel of wheat."

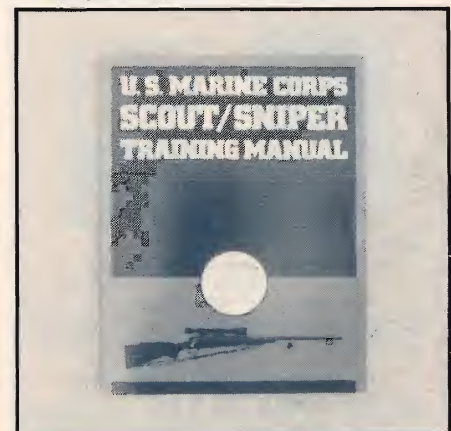
**Survival, A Manual That Could Save Your Life**, by Chris and Gretchen Janowsky, Paladin Press, Dept. ASG, P.O. Box 1307, Boulder, CO 80306; (303) 443-7250; 208 pages, softcover; \$14 plus \$3.50 shipping and handling.

A very comprehensive survival manual that includes lifesaving first-aid and wilderness medical care, water procurement, improvised survival tools and weapons. The author details the L.I.F.E. system. (L.I.F.E. stands for logic, inventory, formulate and enact) The L.I.F.E. system was designed to help a person figure out what to do when stuck in a survival situation. The attitude of the victim plays an important role as to whether or not they will make it out alive. Other chapters include: What is and who needs survival training?; The Magic Fire; Sheltering; Food Procurement — Snares, Deadfalls, and Traps; Signaling; and Walking Out. Having this book could mean the difference between life and death some day.



**U.S. Marine Corps Scout/Sniper Training Manual**, Sierra Supply, P.O. Box 1390, Durango, CO 81302; (303) 259-1822; over 200 pages, soft cover; \$16.95 postpaid in the Continental U.S., \$18.95 postpaid in Alaska, Hawaii, and Canada.

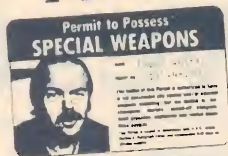
In the U.S.M.C. every member of this elite force must qualify with their weapons. It is with that thought in mind, that the Corps has just come up with a new training manual on the deadly art of *sniping*. This book covers in great detail all aspects of sniping: trainee qualifications, weapons selection, maintenance, zeroing, elevation, windage, extreme range finding camouflage, site selection, and offensive/defensive tactics. This manual should make you a better marksman. ●





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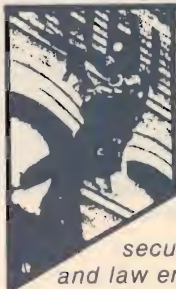
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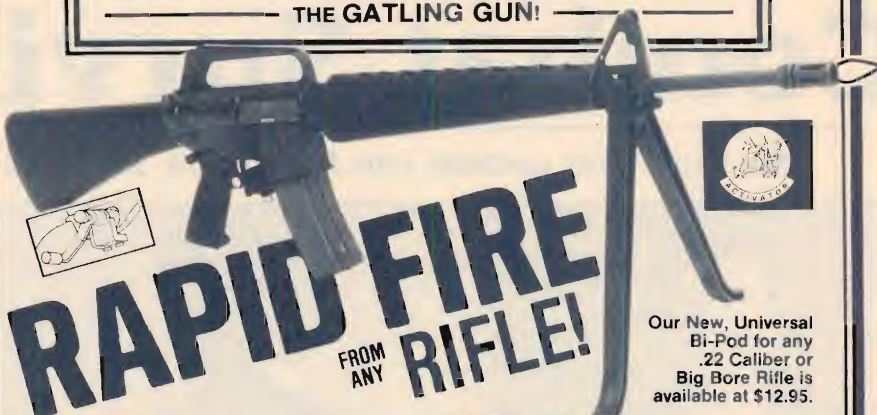
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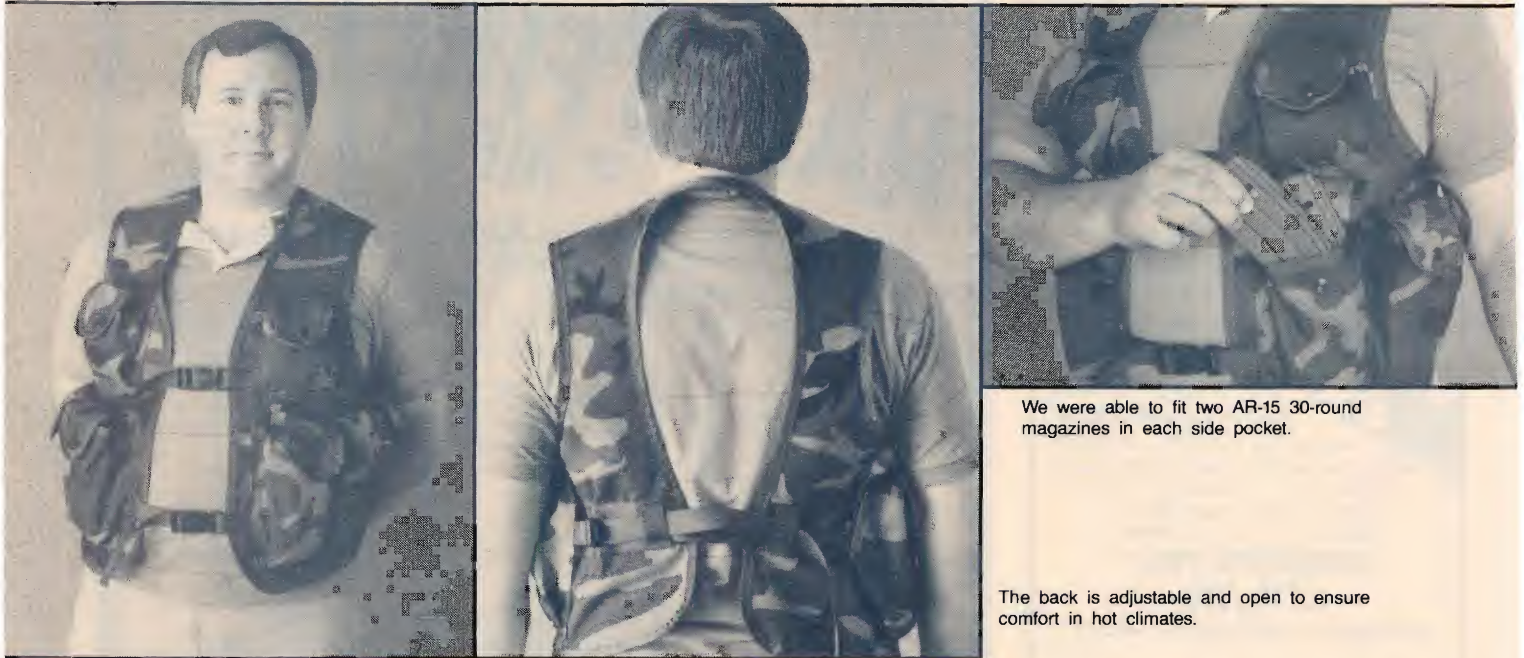
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Flanagan Manufacturing Company:

# Combat Survival Vest

*Six large side pockets can hold up to 12 AR-15 30-round magazines. . .*



We were able to fit two AR-15 30-round magazines in each side pocket.

The back is adjustable and open to ensure comfort in hot climates.

## Staff Report

**H**ere's a load bearing vest that can be thrown on in a hurry, and has

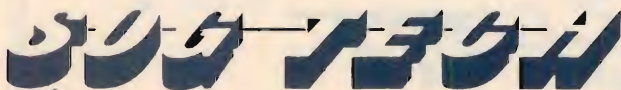
very large capacity pockets for packing 30-round magazines. Available from Flanagan Manufacturing Company (FMCO), these vests are made

from military specification Dupont Cordura Nylon and are assembled with mil spec webbing, hardware, thread, and stitching. Open in the back for ventilation and adjustable using two Fastex quick release buckles, the vest is very easy to use and comfortable in hot climates.

The Combat Survival vest has six large side pockets that can accommodate a Norinco 30-round .223 magazine each or two AR-15 30-round mags if you can stand the weight of all that ammo! Two chest pockets will hold two fragmentation grenades or whatever small survival items you might want to carry.

We were very impressed with the construction and fit of this vest. With less buckles and webbing to get tangled up in, it would make a perfect emergency equipment carrier that could be stored with first-aid gear, ammunition, or other survival supplies, and then tucked away in the closet ready to go.

Available in woodland camo or black, the Combat Survival Vest sells for \$49.95 plus \$5 S&H from: (FMCO) Flanagan Manufacturing Company, Dept. ASG, 1008 Hiller Road, Building 2, McKinleyville, CA 95521-4117; (707) 839-1256. California residents add 6 percent sales tax. Catalog \$2. ●



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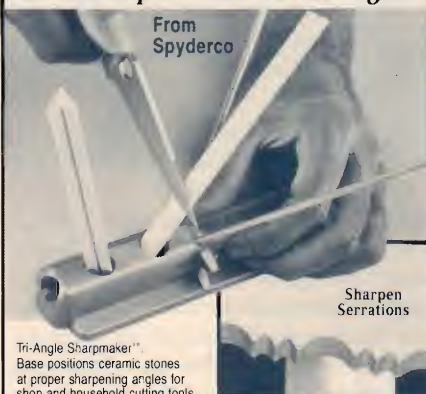
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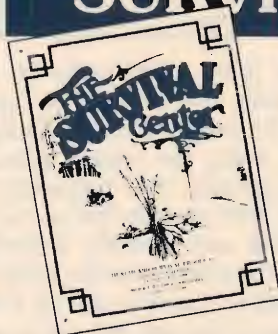


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F.I.E.:

# Standard .38 Special

*Sturdy, reliable 6-shot handgun...*

By Jim Benson

**T**HE Standard double action revolver, available in .38 Special, .32 S&W Long and .32 H&R Magnum calibers from F.I.E. Firearms Corporation, is moderately priced and made in the U.S.A.

The gun comes in 2-inch and 4-inch barrel lengths and has an all machined-steel firing train (cylinder and barrel) and Zamac-5 frame made from zinc, copper and aluminum. The butt is a round magnum-style with checkered black rubber grips. Finish is blue. Sights are fixed, a non-glare ramp front and square notch rear.

The 2-inch barrel model weighs about 24 ounces empty and is 6¼ inches long and 5 inches high. The 4-inch barrel model is 8¼ inches long and 5 inches high, weighing about 26 ounces empty. Each gun holds six shots of ammunition. Loading and unloading is accomplished by removing the cylinder. Withdraw the base pin and push the cylinder out from the left side of the frame. The cylinder is taken out and replaced only through the left side of the gun. Use base pin to punch out any spent cases and put in unfired cartridges, then replace cylinder and base pin in frame.

We obtained a .38 Special caliber Standard revolver with 2-inch barrel for testing and evaluation. F.I.E. warns owners to use only standard .38 Special ammunition and avoid any high velocity, high pressure, +P or other hot loads of factory or handloaded ammunition in this firearm.

This gun has an internal safety device which prevents the hammer from striking the floating firing pin unless the trigger is pulled. Although I never rely totally on any safety, I found this one worked well on our test gun.

Using PMC 158-grain lead SWC ammunition and PMC 158-grain copper jacketed SWC ammunition, we put the gun through its paces at the firing range. The test gun worked beautifully without any malfunctions, however, I



did notice some small nicks on the cylinder near the front after firing some of the copper jacketed bullets. I stopped using the copper jacketed ammo, suspecting that fragments of the copper were perhaps being shaved off in firing and possibly bouncing back from the frame onto the cylinder and nicking it. I spoke with an F.I.E. official about this and he said it was possible that the copper jackets could be causing the nicks (I didn't notice any nicking before using the copper jacketed bullets). The gun will fire any standard .38 Special ammunition, and it did fire the copper jacketed bullets without any functional problems, but I would only use regular lead bullets in this gun.

With its short barrel and cylinder gap, there is considerable smoke, flame and noise when you fire this gun which the shooter should be prepared for when shooting it. The owner's manual warns shooters to watch out for the "side blast" or "cylinder blast" of hot gases and particles escaping at high speeds from the sides of the gun when firing that can cause burns and eye injuries. Make sure you and any bystanders are well to the rear of the gun when it is being fired.

I found accuracy to be good for a snub-nosed revolver — quite adequate to do the job for the kind of close-up shooting this gun is designed for. With



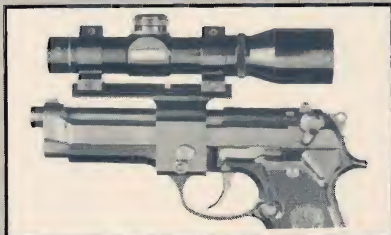
practice, you could make fairly accurate shots at longer ranges as well. Trigger pull in both single action and double action modes is smooth. I estimated single action pull to be about 4 pounds and double action about 12 pounds.

Suggested retail for the Standard revolver is \$129.95 and the gun seems well worth the money to me. It fits well in both large and small hands and would be a good back-up piece, being easily concealable. The one drawback is the longer period of time required for loading and unloading, however, with practice, this can be done within a minute or so, and if the gun is loaded you have six shots before you have to reload. This is a solid, reliable little piece of firepower at a reasonable price. ●





## Beretta/Taurus 92/99 Scope Mount



B-Square's new no-gunsmithing scope mount for M92 Beretta and M92/M99 Taurus pistols is easily installed by simply replacing the gun's disassembly lever and release button.

B-Square's mount has a standard dovetail so any Weaver-type ring (not included) or device can be attached. The gun's sights can be used with the scope installed.

The mount retails for \$69.95 in blue finish or \$79.95 in stainless finish. It's available at dealers and distributors everywhere, or contact B-Square for more information.



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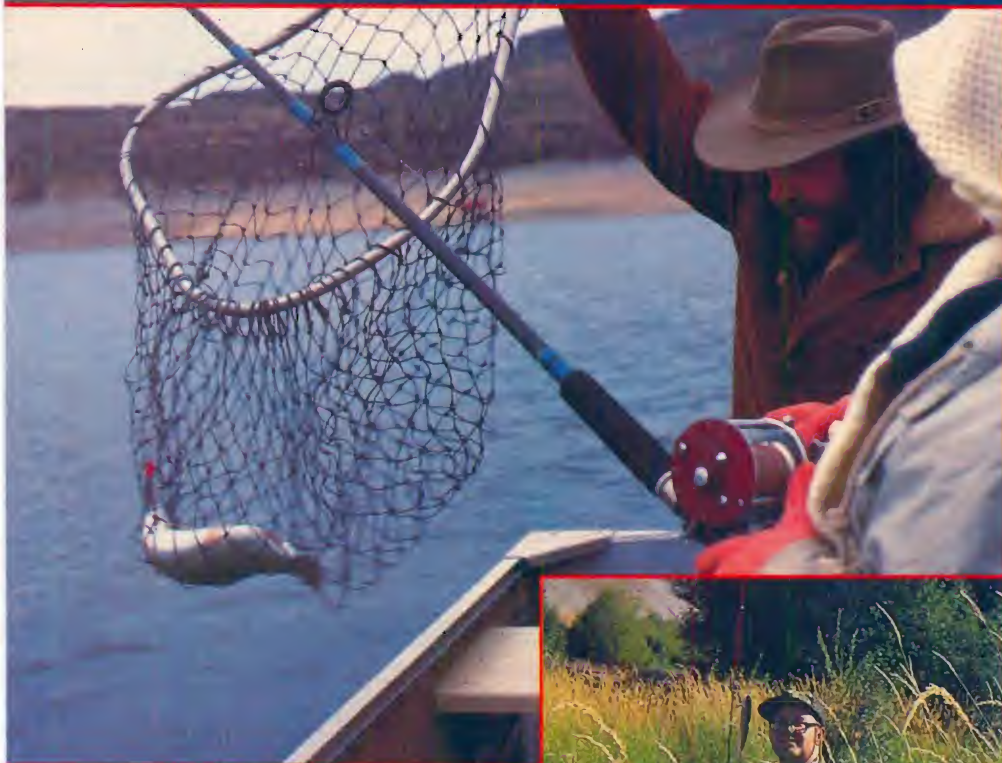
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*The angler must adapt his methods  
to the type of fresh water body.*



Landing nets help assure the taking  
of larger fish.

Small creeks support healthy  
populations of game fish.



North America's wetlands and waterways support  
a wide variety of fishery habitat.

By James Watkins

**A** COMMON statement by ardent fishermen quotes, "Fish are where you find them."

The combined lakes, rivers, streams, small ponds, beaver dams, swamps, and constructed reservoirs feature an enormous amount of fresh water habitat in North America. These water bodies support a great variety of different fish species, each differing in its feeding moods and spawning behavior. Thus the angler must adapt his methods accordingly, a factor that renders the pastime an intricate art.

It is necessary to follow structure, which means any underwater physical feature that provides for fishes' natural requirements. For example, Crappie need submerged trees and brush piles for protective cover and ambush sites against small minnows.

Structure applies to all character-





This fisherman utilizes a depth-fish ranger to follow schools and underwater structure.



These stream trout went for bait which was dug along the bank.

istics of the water body, including inlet or outlet, springs, sandbars, mud bottom, submerged timber, rock outcrops, plus open water expanses. Fish constantly migrate between shallow and deep water; however, large specimens predominantly hover off structures where they can readily escape predators.

With this in mind, it helps to obtain hydrographic maps which illustrate the major underwater contours and depths of a lake or river bottom. Learning to follow structure with these maps puts a serious angler far ahead of a person who feels the depths blindly. Hydrographic maps are available from the U.S. Geological Survey, Map Information Office, or state waterways or fisheries division of the department of natural resources.

Another vital element to locating large fish is taking water temperature with an electronic thermometer. For example, Rainbow trout have a tolerance range between 48 F.-68 F. degrees, and sunfish like 65 F.-80 F. Obviously if it's mid summer a lake, which supports both species in a temperature range between 48 F.-80 F., presents a definite factor that locates the range of the larger Rainbows.

Many lakes experience a thermocline, or narrow band of cool water which contains plenty of dissolved oxygen and game fish. Below this zone water temperatures decline rapidly to the point where oxygen is depleted and fish can't survive.

Now it is important to describe basic angling gear which will permit the catch of most North American game fish. Versatility in tackle is the first

priority to consider; then a listing of universally effective lures, plus trolling, jigging, and still fishing tactics will help illustrate how to begin foraging. Much of the mentioned gear can be ordered from The Netcraft Company, 2800 Tremainsville Rd., Toledo, OH 43613.

Fishing rods basically include trolling, fly, and spin-cast models. The survival inventory should contain each type, plus a heavy spinning rod capable of holding large salmon, or catfish. Eagle Claw manufacturers a popular breakdown fly-spin combo that is ideal for backpacking or canoeing.

Reel inventories should include two fly reels with mounted floating or sinking line, two open-bail spin casters to serve ultra-light and heavy performance, plus a good trolling reel with lead core or steel trolling wire line. The important thing to remember when purchasing reel equipment is to look for ball bearings in the crank, instead of brass bushings which deteriorate rapidly.

Each fisherman has his or her special opinion of what a well stocked tackle box consists of; this can be a confusing subject! Therefore this short discussion can only give an informative look at some lures that are universally effective across North America.

Spoon lures come in myriad variety. Some are outstanding fish catchers, but the key to a good spoon is action! Krocodile, Daredevil, Wobbler, Luhr Jensen Needlefish, Martin's Candlefish, Canadian Wonder, and Hofsneiders Redeye spoons have proven deadly on most larger game fish. Spoon blanks come in chrome, brass, and cop-

per finish with either smooth or hammered surface. These finishes execute deadly production at times; however, it is also necessary to stock red and white, red and basic finish, orange, green frog, and other patterns. Try to match some lures with natural feed colors; for example, perch or crayfish patterns are very productive in waters where they resemble local prey.

Fish also attack spinners with abandon. The Mepps Aglia, Colorado, Indiana, Roostertail, Blue Fox Vibrax, and Spoonfly spinner list old-timer favorites. Once again finishes come in basic metal, but color patterns considerably enhance these lures. Some variations of these famous fish killers appear dressed with hackle feathers, which are effective for most game fish. Try a Mepps spinner with a red plastic hook band on trout, because in general these fish prefer featherlike hooks.

A good home-made spinner combination recipe includes a #4 Colorado spinner blade in nickle, or fluorescent red, yellow, green, and orange color, plus 15-pound test Surflon coated wire leader, .021 connector sleeves, size #2 clevis henge, 6mm fasceted colored beads, and a #10 brass swivel. These ingredients are available from Netcraft Company.

Cut a five-inch length of wire leader and loop one end through a brass connector sleeve, so it makes a small loop; then crimp it with pliers. Now eye a clevis through the spinner blade and thread the clevis henge with the leader. Thread five fasceted beads behind the spinner; then loop the free leader end through a snap swivel and connector sleeve, and crimp it tightly. Cut

(Continued on page 60)



## PRIZE NO. 1

Striker 12 spring motor driven revolving drum 12-shot 12 gauge magnum-firing shotgun from Law Enforcement Ordnance Corp., Dept. ASG, Box 336, Ridgeway, PA 15853; (814) 772-1616. An improved version of the original South African Striker revolving drum shotgun, the Striker 12 features a fixing shaft, stronger construction of the cylinder and charging holes for use of magnum loads, steel barrel shroud and other innovations

for ruggedness and reliability. The shotgun fires any 2 3/4-inch 12 gauge load. All 12 shots can be fired in three seconds or less. A shorter barrel version is available for law enforcement. This weapon is made to U.S. military specifications and will function in extremes of heat, cold, blowing dust, rain, etc. Safety features include heavy two-stage trigger and cross-bolt safety. An outstanding, robust, reliable and accurate weapon for personal defense, law enforcement or military use. Retail value: \$725.



## PRIZE NO. 2

RWS Diana Model 52 .177 caliber magnum air rifle with side lever cocking and fixed barrel from Dynamit Nobel—RWS Inc., Dept. ASG, 105 Stonehurst Court, Northvale, NJ 07647. A powerful, highly accurate and effective tool for survival. One pull of the 33-pound side cocking lever will send a pellet out the barrel at 1,100 feet per second. Cocking automatically sets the safety. Trigger pull is 3.3 pounds. Front micrometer blade sight is adjustable for windage and elevation. High quality walnut stock. Value: \$355.



## PRIZE NO. 3

The KG-22 semiautomatic carbine from Feather Industries, Inc., Dept. ASG, 2300 Central Ave., Suite K, Boulder, CO 80301; (303) 442-7021. The KG-22 Carbine is identical to the popular AT-22 Carbine except all KG-22 parts are treated with the patented "Kal-Gard" no-lubrication finish and have a tiger stripe-type camouflage color. After firing the weapon is stripped and the parts are wiped clean with a soft cloth. The finish is very tough and will last for many years. The carbine is light, weighing only 3.25 pounds empty. Barrel is removable and the gun will store in a space only 17 inches long. Magazine capacity is 20 rounds. The Giveaway gun comes with the camouflage nylon case shown, magazine and an accessory ventilated barrel shroud with the same Kal-Gard camo finish. Value is \$300.



## PRIZE NO. 4

Machax Survival Tool from Becker Knife & Tool Corp., Dept. ASG, P.O. Box 44179, Cincinnati, OH 45244; (513) 231-9446. The heavy 1/4-inch thick, heat-treated, rust resistant phosphate finished 4140 chrome-moly blade of the Machax borrows the unmatched weight distribution of the renowned Gurkha Kukri knife, combines it with fine American steel, full-tang construction and Zytel scales large enough for a good working grip. An extremely strong and versatile cutting, chopping, prying and digging tool that comes with a sturdy black nylon sheath (leather sheath also available). Value: \$130.



## PRIZE NO. 5

The Delta Raider from Benchmade Knife Company, Dept. ASG, 6513 Lankershim Blvd., Unit 100-B, North Hollywood, CA 91606; (818) 765-0120. The Delta Raider Model 120 incorporates Benchmade's unique S-curve cutting design to allow more cutting action and edge surface than other knives. The 7-inch blade is made of 400 series high carbon steel heat treated in an aerospace vacuum furnace and then sub-zero quenched for exceptional strength and durability. Handle is non-slip Kraton and is impervious to the elements. Comes with quality black leather sheath. Value: approximately \$120.





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# Dealing With Agoraphobia

*One woman's battle to conquer a debilitating fear of open spaces. . .*

By Mollie Hoffman

**S**TARTING in 1953, at the age of 34, I couldn't go out in the car, to the store or anywhere outside of my home. I had panic attacks. They manifested themselves in violent heart palpitations, trembling, wanting to run to safety, fear of large open spaces and of leaving my home to go outside. I was petrified and wanted to hold on to something or somebody. My home became my castle — and my prison.

It was very debilitating. I couldn't walk my children to school and felt very guilty. It was devastating not only for me but for my family as well. We couldn't live a normal life as I couldn't go out my front door. If I *did* try to go out, I wouldn't let my husband out of my sight for one moment. I clung to him for dear life. I know it was very hard on him, but he was so good about it. We stood by each other through thick and thin. The rare times that I ventured to go out in the car, I couldn't sit in the front seat next to my husband. When he came to a stop, I would hide on the floor in the back of the car.

Years later, I found out that I had agoraphobia (panic attacks). I thought that I was the only person in the world with this problem. Oddly enough when I found out that I wasn't, it really did help. I didn't feel like a freak any more.

I didn't know where to turn for help. I prayed.

It took many years but little by little I learned many ways to help myself.

I thank the Lord that he gave me the ability to not only recognize the things that were helpful but also put them into practice.

In 1956, when I agreed to have a Toy Party in my home, I didn't know then that it was going to give me my first lesson that would eventually start me on the road to recovery. My husband was in the hospital at the time. I loved to shop and this was a wonderful opportunity for me to do it in my own home.

For the 2½ hours during that party, I was *so deeply* engrossed in looking at the toys that I completely forgot all my troubles. My phobia, my husband's hospitalization, etc. My mind was completely immersed in the toys and every-

thing else was blocked out. As soon as the toy party was over, everything came crowding back into my mind.

My recovery has been long and slow and came after many years of hard work into the 1980s to overcome most of the problem. I now have no fear of leaving my apartment. I don't even think about it. It took a lot of determination on my part and I'm pleased to be able to say I did it almost all on my own.

I became aware of self-help tips that began to take shape in my mind and I feel almost sure that they can help others:

When my mind was *concentrated completely* on something else, especially something enjoyable, it helped



The author displays a writing award she received. She began writing about her experiences as a form of therapy during her recovery from agoraphobia.



to shut out the unwanted thoughts of fright and panic.

It is my opinion that it is impossible for the mind to have two separate thoughts at the same moment. It can have two separate thoughts in succession but not at the same time. When I find myself alone or in a situation that might have sent me into a panic at one time, the first thing I do is take some deep breaths and think to myself: You know there is nothing to be afraid of. The fear is in your own mind. Get your mind off yourself. I try to concentrate on something else, such as daydreaming, reading, writing, doing crossword puzzles, anything to keep myself busy so that my mind won't have an opportunity to think about negatives, like panic or fear.

One thing I have in my favor is my lack of fear of taking risks and my strong faith in the Lord. No matter what the hardship, I always felt that He was watching over me.

Years later, after I was widowed in 1981, I got a ride and attended a few sessions of a private support group and self-assertion classes at a Senior Center. Losing a mate is very difficult for anyone but for an agoraphobic, it is sheer agony.

I became cognizant of the fact that there was nothing outside of my home that I was afraid of. The fear was *inside* of me, not out in the world. I lacked security and I knew it. I recognized my feelings of inferiority because of being overweight and unhappy experiences as a child. I had allowed everyone to use me as a doormat on which to wipe their feet. I made my



For many years she was afraid to go outdoors, leaving her home only when she was accompanied by someone.

self very ingratiating to get their approval because I wanted everyone to like me. I found out the hard way that it very seldom works. You've heard it so often and it's true. I have learned that you can't like everyone and everyone is not going to like you but that really isn't important. As has been said so often in recent years: What's important is that you like yourself. Not in a vain way but in self respect and what you stand for.

I am becoming more assertive. Being assertive does not mean shouting and belligerence; rather, it indicates your self-assurance by stating what your

needs or wants are and standing your ground. It means believing in yourself. I realize that I have a lot of talents and good qualities that make me a worthwhile person.

I have actually improved to the extent that I do many things alone. I have walked alone from the car (driven by someone else) to the door of a department store. This is a triumph for me. Also, I have traveled. I have found ways to handle the times that are rough for me. If I need help, I'm not ashamed to ask for it. I still need to feel the security of something or someone near me, but I have noticed lately that it is getting easier and easier.

It's two steps up the ladder of recovery and one step down. I have made a lot of progress. I'm a fighter and even though it's not perfect, life is so much more wonderful these days, in spite of some physical disabilities.

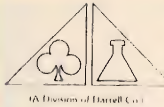
I know that when I receive approval for something that it helps my self-esteem a great deal and in my estimation, a good self-esteem is one of the best cures there is for this kind of problem. Also, the moral support of one's family is very important even though I didn't get any from mine. I feel that I would have improved so much faster, if I had. I wanted to improve so much that I never stopped fighting even when I had setbacks.

With the help of the Lord who endowed me with an agile mind and enabled me to help myself and my own determination, I no longer consider myself to be an agoraphobic. ●



Free at last! The author expresses her joy at being able to get around on her own again.





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# Practical Fishery Foraging

(Continued from page 55)

another four inches of steel leader, and snell it with a connector sleeve on one end; then attach an appropriately sized hook on the opposite terminal. Snap this onto the spinner swivel and the completed lure is ready to receive a threaded nightcrawler or other live bait.

The steel leader renders this rig effective against walleye and other fish that snap monofilament leaders with raspy teeth. This apparatus also works well for various trout when trolled behind a boat.

**Additional Items** — Now it is important to back up the survival foraging tackle box with these items: brass swivels, hooks in varied sizes, a number of different pound test leaders, lead weights which include bell, slip, split-shot, and pencil lead sinkers, rubber snubber tubing, fish knife, plastic water-fillable casting bubbles, an assortment of sinking and floating artificial flies, hook sharpener, worm threader needle, casting and trolling plugs, several Herring Dodger flashers in chrome, and brass-chrome combination.

The combined collection of these listed foraging items will render the learning angler versatile enough to pursue almost all the major game fish in North America.

Sometimes fish won't touch artificial lures or flies because they prefer natural feed strictly. Then there are times when putting a chunk of worm or a small hellgrammite on a trolled lure or streamer fly, will drive trout, bass, and walleyes into a feeding frenzy. Earthworms or nightcrawlers are hard to beat, but aren't always the answer, particularly during the hot summer months. Take a garden rake and dig up pond weeds, or roll over stream rocks to find hellgrammites, stonefly larva, leaches, and crayfish. Being inquisitive, patient, and constantly versatile will guarantee food on the table.

Until now this article has dealt with the primary but important background information that renders the difference between a full stringer and getting skunked. It is now time to go trolling out into a rock and sand bar structured lake arm.

Trolling behind a slowly moving boat allows access over a wide range of structure; the water temperature will indicate the depth of the fish. If the fisherman doesn't have a thermometer he can frequently locate his quarry by

experimenting with different depths. Try the deep water edge along a weed bed drop-off; prowl over a boulder and sand bottom, or lurk beneath steep cliffs.

Watch the shoreline countour as a guide and get ready for a savage stike off a rocky point. Don't hesitate to investigate a submerged timber stand; however, it might be wise to arm lures with snagless hooks in this case. These locations are guaranteed to produce results sooner or later. Even the open water can be very productive, especially for trout.

Many trolling set-ups work; don't be stubborn about changing tackle, or experimenting with depth and boat speed because this will help locate fish and what they are feeding on. Sometimes it is necessary to adjust the monofilament leader length; this can mean a change between two and eight fathoms depending on the lake size and fish moods. If this and other factors still fail to produce strikes, then begin a zig-zag trolling pattern. This gives the lure a frantic, trying-to-escape look that frequently induces a savage attack.

Perhaps trolling isn't the answer; sometimes drift jigging can produce excellent results. Walleyes and bass really go for this tactic with worms, as will most other game fish when offered the proper bait.

Besides jigging, still fishing accounts for many fine limits, especially on a quiet pond where fish are actively cruising in search of feed. Try spin casting weightless worm toward a surfacing school; the naturally sinking bait presents a meal greedy fish can't resist. If this fails to produce action and the fish are striking a surface bug hatch, try a clear plastic bubble and cast a trailing artificial fly which resembles the insects.

The subject of fishing covers a vast inventory of information which takes years of skillful practice to assimilate and put to practical use on the water. Ragnar Benson's, *Survival Poaching*, provides the adequate means to harvest wildlife under emergency survival conditions, but some of the described methods will destroy instead of enhance a natural habitat. It is the primary purpose of this article to encourage survivalists to responsibly learn foraging in an ecological and ethical manner. ●





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Trekmaster Corporation:

# Trekmaster Off-road Trailer

*Built for the punishments of off-road,  
this cargo hauler will go anywhere. . .*



By Scott Stoddard

When it comes time to get out of town, whether for emergency reasons or for a well earned vacation in the wilds, a trusty little trailer can mean the difference between taking along necessary survival gear or having to leave precious supplies behind. Even a well prepared survivalist, with supplies stowed away in a remote survival haven, will appreciate the additional freedom a trailer can provide when hauling firewood, or bringing heavy tools to a work site.

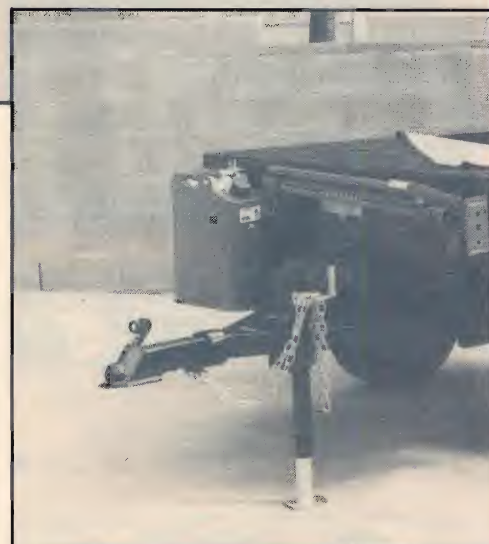
It is important to note, however, that many utility trailers aren't made to handle the rigors of country backroads or demanding jeep trails. With "toy" sized tires and minimum load capacity ratings, you might make it several miles into the outback before blowing a tire or breaking an axle.

One manufacturer has recognized the need for sturdy off-road trailers that can perform and handle the various hauling duties of fire and rescue units, forest services, recreation, military,

construction, and all forms of commercial work. The Trekmaster Corporation produces a line of computer designed trailers that can handle loads from 2,000 to 16,000 pounds capacity. The model featured here is the 1501, built especially to ride behind a Jeep Wrangler.

The model 1501 not only performs like it is made for a Jeep, it also looks like it's made for a Jeep. With side-walls made of thick diamond plate steel, and corners rounded like those of a CJ, we noticed lots of people turning their heads to get a good look. Trekmaster matches the tires, wheels, height and paint of the towing vehicle for a truly customized appearance.

The trailer rests on a frame of 2x3-inch rectangular steel tubing with four cross members. The frame is welded in such a way as to be totally sealed, creating a nine gallon storage tank for compressed air at 200 psi. This could prove handy for reinflating tires or powering air tools. The frame together with the tongue and coupler create a heavy duty chassis with a rating of 8500 pounds. The whole trailer rides







The Con-ferr double tube bumper and hitch is easy to install and is built for a lifetime of off-road use.



Electric brakes help the trailer do its own braking and reduce the risk of jackknifing.



The flush tailgate can be lowered fully to the ground or suspended horizontally using the tailgate chains.

is made of seamless heavy-gauge steel and all body joints are welded and sealed with silicone on the inside. The flush tailgate matches the side walls made of diamond plate and is hinged so that it can be dropped all the way open or held horizontal with a pair of tailgate chains. Jeep-type fender flares and rear tail lights also add to the overall "Jeep" appearance. To top it off, a thick vinyl tonneau cover protects the trailer's bed and contents from rain and dirt. The cover is held in place by a two-inch wide band of hook and loop fastener that runs the entire circumference of the upper sidewalls.

One of the most unique features employed on Trekmaster trailers is the Uni-Trek coupler. This coupler is capable of rotating 360 degrees permitting the trailer to bound over rocks or even flip over, without upsetting the tow vehicle. Rated to support a tongue load of 1275 pounds, the coupler also

features a three-inch damper shock to absorb the sudden jolts of starting and stopping with a loaded trailer.

Another item available on Trekmaster trailers are electric brakes. The ten-inch brakes of the Model 1501 are easy to hook up and will help prevent the trailer from jackknifing during severe stops. When the stoplights of the tow vehicle go on, the electronics of a control module mounted under the dash are activated, and amperage is applied to the trailer brake magnets. As the tow vehicle brake pressure increases, deceleration makes a pendulum swing forward and a directly proportional increase of amperage results in more trailer braking.

The trailer is wired so that a nine-way connector plug can tap into the Jeep's electrical system. The brake lights, turn signals, and even backup lights are easily wired to the Jeep's wire harness by using a wiring diagram supplied with the trailer.

Trekmaster recommends replacing the stock bumperettes and hitch setup from Jeep with a double tube heavy-duty bumper and hitch receiver from Con-ferr Manufacturing Co., Inc. This bumper is electrically welded with brackets that make it possible to bolt on using the same hardware from the bumperettes. Instead of plastic caps at the end of each tube, Con-ferr mig welds convex steel caps to each end giving a smooth, clean appearance. The receiver type mount is rated to 6000 lbs. and accepts optional reversible mounts for trailer balls. The Trekmaster requires a big 2<sup>5</sup>/<sub>8</sub>-inch ball and the Con-ferr rear bumper/hitch works perfectly.

While the price for rugged off-road trailers might seem fairly high, (the Trekmaster 1501 goes for roughly \$2600), there is security in knowing that high quality materials and workmanship have combined to form a piece of equipment that is technically overbuilt, yet can be admired for its good looks too. We know that this off-road trailer will be crawling the rocks for lifetimes to come. ●

For more information contact:

**Trekmaster Corporation**  
5417 Standard Street, Dept. ASG  
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on a round tubular axle with a gross vehicle weight rating (GVWR) of 3500 lbs. When measuring the overall length of the trailer you come up with 114 inches and an overall width of 65 inches.

The cargo bed is just long enough to sleep inside, measuring 72 inches long and 58 inches wide, although you might have to put the tailgate down if you're taller than six feet. The floor

The Uni-Trek coupler provides safety and eliminates bind when traveling in rough country.



Lead/Steel Balls, Darts:

# AirPower Sabot Cannon

*A bazooka-like air rifle for hunting small or large game, target shooting or other purposes. . .*

Staff Report



Terry Lytle prepares to fire the AirPower Sabot Cannon fitted with optional pistol grip and telescopic sight.



These groups were obtained with the .50 caliber steel and .58 caliber lead balls shown fired in the sabot cannon 25 yards from the target.



The projectile is placed inside the sabot and loaded into the cannon before charging it with air.



Fin-stabilized darts can also be fired in the sabot cannon, as well as bird shot.

**A**IRPOWER's Sabot Cannon is an adult airgun using compressed air to launch lead or steel balls and fin-stabilized darts from 20 to 100 yards.

This bazooka-like airgun is intended for hunting small and larger game, including deer, ducks and geese, target shooting or other uses — even self defense.





A foot pump used to charge the sabot cannon.

It's light, weighing only 8 pounds, and made of rugged hard plastic. It works by charging with 100 pounds of compressed air from a 12-volt DC compressor or foot pump which can take only a minute or two to supply the necessary pressure. It is electrically fired using three 9-volt batteries as a power source. It's available with optional items like a pistol grip and can be used with a telescopic sight. Projectiles can be made at home or purchased from sporting goods or black power stores or from the manufacturer. It delivers up to 100 foot pounds of energy with muzzle velocity of less than 500 feet per second and, depending on the projectile, has a range of from 30 to 100 yards.

"I didn't intend for my guns to be survival weapons," says inventor and manufacturer Terry Lytle, "but they have attracted a lot of people who are interested in survival gear. Because my gun can fire almost any object that will fit in the sabot, including bolts, steel balls, lead shot, even glass marbles, it is drawing some attention in the survival world. Furthermore, it does not use gun powder to create the energy to kill game. The sole source of propulsion is compressed air, any compressed air, from any source, even a simple bicycle pump will work just fine. Survivalists like it because, when and if bullets become too hard to get or (you can imagine) not possible to get, my gun will still bring home wild game and serve as powerful personal self defense."

This is one of several models of compressed air sabot cannons, including the "Baby Cannon" pistol, available from Airpower. The AirPower Sabot Cannon is \$129.95 plus shipping (+ tax for Nevada residents). For more information or ordering contact AirPower Sabot Cannons, Dept. ASG, 2550 Chandler Avenue, Suite 26, Las Vegas, NV 89120; (702) 798-0100. •



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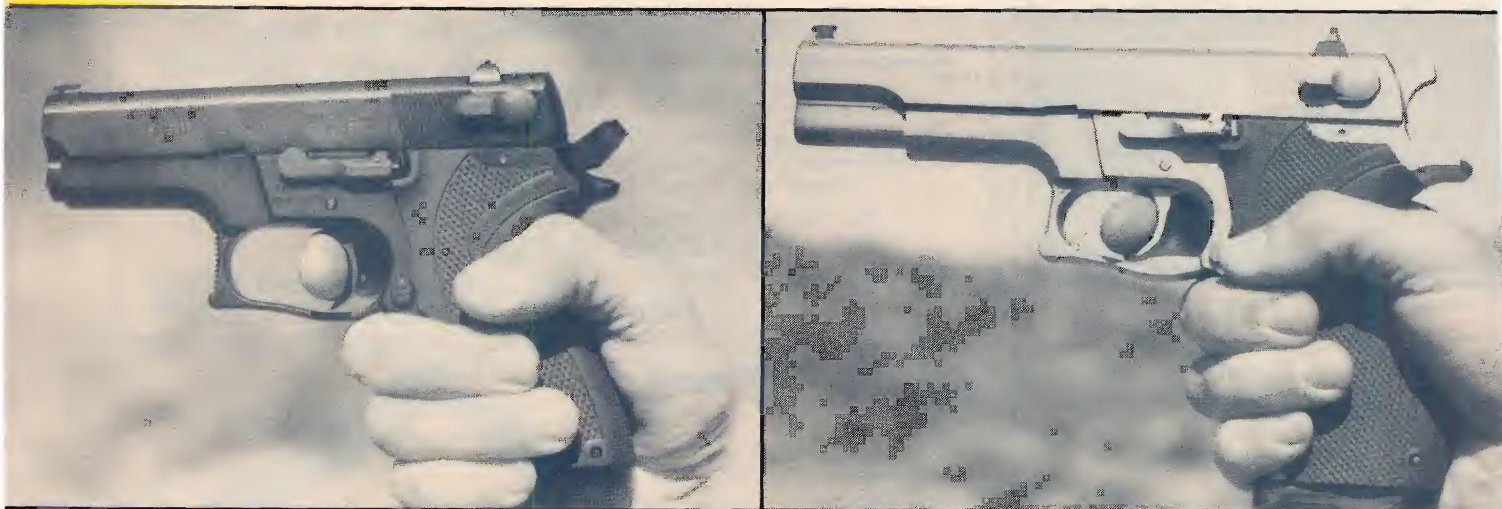
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# Third Generation Autos

(Continued from page 24)



The 6904 has a bobbed and serrated hammer and the 4506 has a serrated hammer which can be thumbled back to cock the pistol without using the slide.

and combat-style butt plates on magazines; extended trigger guard to accommodate a gloved finger and deeply checkered trigger guard front for better hold; a smoother trigger pull, contoured grip and lateral relief cut where trigger guard meets frame; rounded edges to reduce snags when drawing and holstering the guns; redesigned and stronger firing pins, springs, barrels, safeties and frames for stress resistance and longer service life.

Each series of the third generation pistols, except the 4500 series which is available only in stainless steel, has a model in low-glare blue and a model in satin stainless steel. The 5900 9mm guns have 14-round magazines and 4-inch barrels. The 3900 9mm series also have 4-inch barrels but are slimmer, with 8-round magazines, for concealability. The 9mm 6900 series pistols are also more compact, with 3½-inch barrels and bobbed hammers but larger magazine capacities — 12 rounds — for more firepower, and use aluminum alloy frames for lighter weight. The 4500 series in .45 ACP caliber have 8-round magazines and stainless steel barrels, slides and frames.

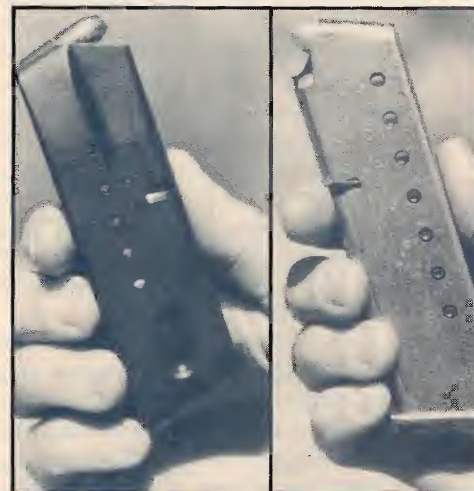
The Models 4500, 5906 and 3906 have stainless steel frames as well as barrels and slides while the 5904, 3904 and 6904 have aluminum alloy frames, carbon steel slides and stainless steel barrels. The 6906 has an aluminum alloy frame, stainless steel slide and barrel.

All the third generation pistols are double actions and can be carried with a round in the chamber. The 6900 series

have bobbed hammers which rest inside the slides. The other models have serrated hammers which can be thumbled back to manually cock the guns without using the slides.

**Test Guns** — We received on loan from Smith & Wesson a Model 4506 and Model 6904 for testing and evaluation. The big 4506 fits bigger hands better than smaller ones and is somewhat heavy — 36½ ounces empty — with its all stainless steel construction. Overall length is 8½ inches. Overall height (with magazine) is 6 inches. Width at ambidextrous safety levers is about 1⅜ inches. The 6904 is light — only 23½ ounces empty — yet holds a total of 13 rounds for plenty of firepower. Overall length is 6⅞ inches. Overall height (with magazine) is about 5½ inches. Width at ambidextrous safety levers is 1⅝ inches.

Secured by a spring-loaded plunger, the ambidextrous safety levers on these guns, when turned all the way down, will drop the hammers while blocking the firing pins so the guns can be decocked with rounds in their chambers. The use of a firing pin safety plunger which prevents the firing pin from moving forward and firing a cartridge eliminates the need for a half-cock notch on the hammer and there is no half-cock position for the hammers of the third generation pistols. The safety/decocking lever also disengages the trigger for added safety. The third safety is also a disengaging of the trigger when the magazine is out of the gun. Some shooters dislike this feature, since it makes the gun useless



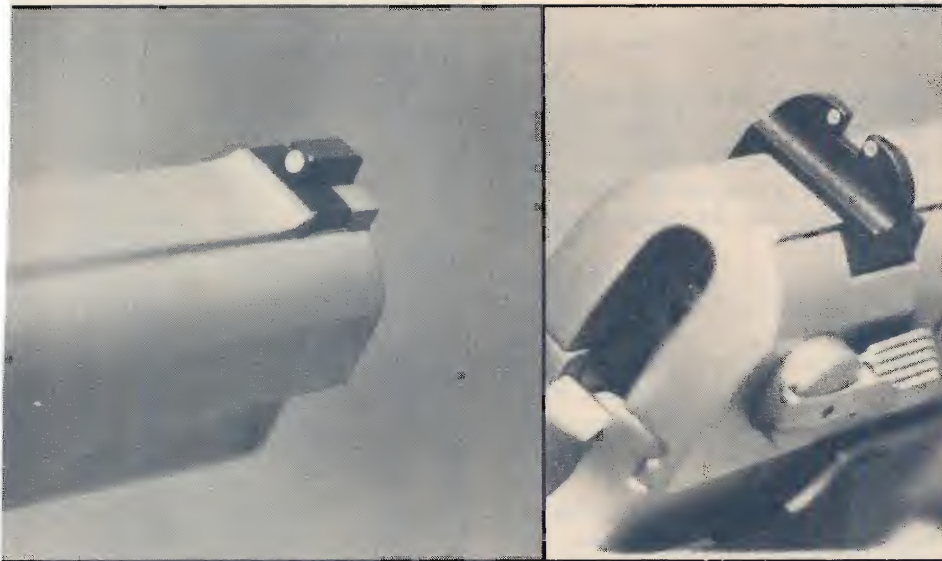
The 6904 magazine holds 12 rounds. The 4506 holds 8 rounds.

without a magazine, but it does provide an added margin of safety for the user.

One of the things we liked about the safety/decocking lever is that, when it's in the safe position, the slide can be worked to chamber or eject a round without leaving the pistol cocked. When doing this, though, you have to be careful how you grip the slide. The hammer, dropping as the slide closes, can catch and tear the skin between the thumb and forefinger. I found this out the hard way.

While we're on the subject of safety, we noticed something about our test guns which we could find nothing about in the literature. That is, by looking at the rear of the ejection port you can see if you have a round chambered. There is a slight space between the rear of the barrel chamber and slide and by looking carefully here you can see if there's a round in the





Sights on the test guns are fixed low profile type with three-dot system for low-light conditions.



Barrels of the third generation guns are cone shaped at the muzzle. The guns employ a fixed barrel bushing.



Wraparound grip is made of Delrin. Note that here the safety/decocking lever is in the down or "safe" position, blocking the firing pin from striking a cartridge and disengaging the trigger.

chamber.

The hard plastic 6904 magazine butt plates are contoured at the front to accommodate the little finger of the

firing hand for a secure grip on the pistol. Likewise, the 4506 rubber butt plate extends, along with the metal magazine butt plate it's connected to, slightly forward of the grip to hold the little finger in place.

We took along for test firing in the 6904 some 115-grain Uzi and PMC full metal jacketed 9mm ammunition along with 115-grain Winchester Silvertip hollow point and Federal jacketed hollow point stuff. For the 4506 we had 230-grain Winchester full metal jacketed and 185-grain Silvertip hollow points and some 230-grain PMC full metal jacketed ammo.

In test firing these weapons we decided not to do the usual benchrest shooting at paper targets. We were satisfied from all the publicity about these new guns so far that they are reasonably accurate. Instead we tried shooting from a standing position with one- and two-hand holds at bottles, cans and cups from seven to 50 yards away with slow aimed fire and rapid fire strings.

Accuracy was pretty good with this type of shooting. About as good or better than any other auto pistols we've shot in this manner before. Our test guns had fixed sights and it took us a little time to settle on the precise sight picture for best accuracy. Although we were able to make hits on our targets at various ranges, we want more time to familiarize ourselves with the pistols before we will be able to shoot with the best accuracy. The 4506, with its longer barrel and heavier weight, gave us better accuracy at the longer ranges. But the compact little 6904 shot very well too, and I think with more time, I can be a better shot with this gun than with the big .45.

We found the guns worked all but perfectly with all the different types of ammo used. There seemed to be no ammo-related problems. These guns are obviously designed to feed and fire most types of factory ammunition.

There were no malfunctions of any kind experienced with the 6904. I did have two failures to fire with the 4506. Twice I was firing a magazine full of cartridges when suddenly I squeezed the trigger and nothing happened. Both times I immediately took out the magazine, ejected the unfired round and examined it and found no marks on the primer or casing. Both times I reloaded the round, re-inserted the magazine and continued firing without any further problems. There might have been a problem with one of the 4506 magazines. I noticed in manually stripping unfired cartridges from it that some rounds seemed to get stuck. The magazine lips might be slightly too close to each other. At least it appeared that way in comparing the two magazines shipped with the gun (you get an extra magazine in the box the gun is shipped in). I plan to speak with someone at Smith & Wesson about it but haven't at this writing.

All in all, we think these are superb firearms. The 4506 is a little large for my liking (with my smaller hands) but both guns work very well overall and shoot very well with a variety of ammunition. Trigger pull is smooth on both pistols with no drag, either in the firm double action or light single action mode.

From our own impressions and what's been reported about these new third generation pistols so far, all indications are that Smith & Wesson has come up with some real winners destined for widespread use among the shooting public and government agencies. ●



# Too hot to handle?

hat. During warmer months, you'll need one with a wide enough brim to keep the sun out of your eyes, and off your face. Be sure it has a good sweat band, some sort of air circulation, and if at all possible, is large enough to shade your neck as well. Straw cowboy hats are very good, as are many of the newer models made expressly for desert applications.

Baseball caps work but quite simply are not designed for lengthy periods in the sun. If you insist on using one though, be sure it has a mesh back to increase air flow, generous sweat band, and is a light color. Combine dark colors with no air flow, and it's about the same as sticking your head in a dutch oven, and makes as much sense.

Generous amounts of air circulating through your clothing is another important defense against overheating. If you can, avoid tight fitting jeans and shirts. Wide but protected openings at the cuff, neck and waistline combine to make even the worst heat a little more bearable. Loosen your belt an extra notch, and you can even cut a slit partway up your pants if you're in real trouble (or better yet, before you ever get into trouble).

In extreme conditions, be sure and cover as much of your skin as possible. While at first, this may sound like it reduces the amount of cooling breeze you'll ever enjoy, it also protects you from unnecessary direct exposure to the sun. Anytime you sunburn, blister, or simply allow sunlight to strike you directly, you're not only allowing it to warm you, but losing valuable water reserves to evaporation as well.

Avoid dangerous and irritating sunburn by always religiously applying a good sunscreen. Besides protecting you from the sun's potentially damaging rays, it can also provide a cooling layer of moisture.

Always carry more water than you'll ever need. Besides providing you with a comfortable safety margin, you never know when somebody else might need it. If you don't have enough canteens, make an emergency "cache" in your truck or pack, with a used two-liter soft drink bottle. The manufacturers spent a lot of money designing it, and I've never seen one break. In fact, during the summer most members of the Southern Arizona Rescue Association actually leave one in the freezer. When

they're called out to help someone in the outdoors, they simply put it in their packs. By the time they reach the person, it's partially thawed and a refreshing treat for rescuers and victims alike.

If your diet allows it, try and acclimate yourself to slightly salted water. While sweating is one of your best defenses in the heat, it also robs your body of important electrolytes. Potassium salt in particular is critical, and regular table salt has a substantial amount.

Once you've grown used to it, lightly salt your water before going out. Salt tablets do the same thing, and actually offer more protection. But after 12 years of involvement in desert rescues, I catch myself salting water in restaurants out of habit. Don't put too much in, and after a while you won't even know it's there (but I can guarantee everyone else who tastes your water will gag).

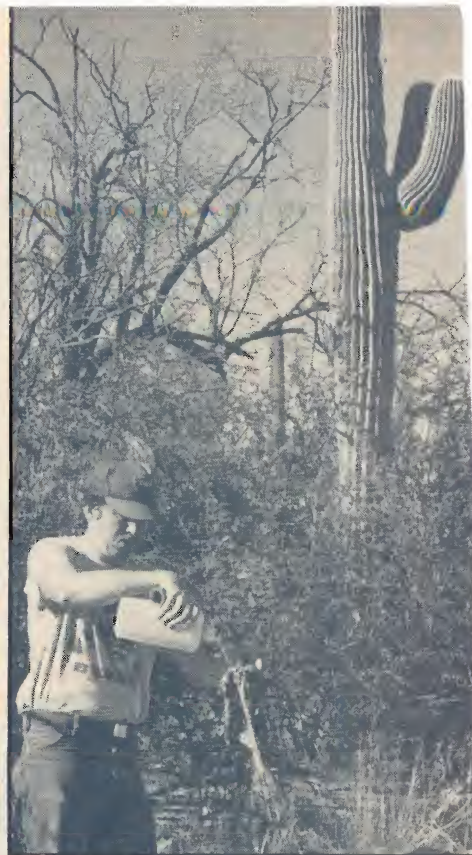
**Cool Tricks** — When you start to feel the heat is getting to you, or even a little fatigued, it's time to stop and treat the problem. Carrying huge amounts of rope, rescue, and medical gear in the lower Sonoran Desert for this many years, has forced me to learn a number of "cool" tricks.

An oversize bandana is one of the best items you can carry. In the case of overheating, wet and tie it around your forehead. This drops your critical head temperature, and if you have to keep walking, it catches a wonderful breeze. A well designed hat works much the same way if you wet the sweat band. There have been times when I've done both.

T-shirts are notorious for permitting bad burns in the neck area. To remedy this problem, simply tie the bandana around your neck, and drape it over the exposed skin. Wet, and again your temperature is guaranteed to drop.

Another advantage of carrying way too much water, is the fact that you can wet your clothing as well. Don't be shy when it's 100 degrees outside. On more than one occasion, I've literally immersed myself in a murky pool of water, only to continue on the rescue dripping wet. Remember, that water may not be fit for human consumption, but on your shirt, bandana, or hat, it might just save your life.

A good pair of sunglasses not only



Precautionary steps such as wetting a bandana and tying it around your head can be very valuable for survival.

protects your eyes from potentially damaging "snow blindness," but adds a small psychological advantage as well. It may still be 100 degrees in the shade, but at least it looks a little cooler.

Allow yourself to perspire. It might be embarrassing in certain social situations, and consumers pay millions of dollars a year to avoid it, but it sure feels good whenever a breeze comes up.

Either purchase or modify your backpack until it no longer rests directly against your body. We've all taken off our packs, and literally found a sheet of sweat where it once was. That spot could be cooling us off, but instead was covered. There are a number of "mesh" backs, and styles that can greatly reduce the problem, improving our comfort as well.

Anytime you take off your pack, or a piece of gear, be sure you put it in the shade (including water bottles). There's nothing quite as irritating (and dangerous), as overheating your equipment. If you're uncomfortable enough to seek shelter in the shade, show your gear the same respect.

If at all possible, hike only during the cool morning hours, or at night. Temperatures variations of 40 degrees are not uncommon, and taking advantage of this in a survival situation,



can make travel much easier. If you're stranded with a vehicle, stay there. It not only offers protection from the elements, but is a wonderful signal for potential rescuers.

Seek shelter in the shade during the day, or anytime you rest. The ground in the sun is usually a scorcher, and even the miniscule shelter offered by cactus can be a pleasant experience.

If you start to run short of water, there's no need to panic. Even in the desert there are plenty of untapped sources, though you will have to conserve as best you can. The first step is to keep your mouth tightly shut, unless it's to shout for help.

Barrel cactus contain quite a bit of water, and since they have hook shaped needles, are easy to turn over. Simply cut a section from the middle, and suck the juice out as much as you would a watermelon (remember, they're protected in certain areas, so don't do this unless you're in serious trouble).

Bottoms of canyons, bends in dry river beds, and shaded rock ledges are good spots to look for hidden pools of water. If you only find a muddy spot, simply dig a hole there, and wait for the water to fill in. Believe it or not, it will.

One of the most popular methods of getting water out of "thin air," is the solar still. Not only are they easy to make, but they're extremely effective. Unfortunately, it's possible to lose more water making one (if you're foolish enough to dig during the daytime), than you'll ever generate. So be careful when you start work.

Simply dig a two-foot hole, where the sun strikes it. Fill with green twigs, leaves and grass. Place a cup in the middle, and cover with a plastic sheet sealing the sides with dirt. Put a rock on the sheet, directly over the cup.

As the sun heats the hole, the water evaporates out of the twigs. It condenses on the plastic, and runs to the low spot where the rock is. Finally it drips into the cup.

A well constructed solar still can generate a cup a day. You may have to build a few to get enough water.

With a little planning and forethought, you should never find yourself in this kind of situation though. Understand and appreciate just how efficient your body is at cooling itself and even the hot summer months become enjoyable.

It's your decision, either battle out of muggy canyons like Tom, or sit underneath a tree, sipping half frozen bottles of water ●

## SURVIVALIST DIRECTORY

**T**HIS IS A CONFIDENTIAL listings of survivalists who wish to become known to others of like mind. *American Survival Guide* will accept accept properly coded mail and forward it to the coded addresses without charge. *American Survival Guide* accepts no responsibility for the contents or results of these confidential communications. Mass mailings are not permitted.

ASG 0701

**West Virginia.** Gunsmith, EMT, outdoorsman, six years special forces and ten years fire/rescue experience. Seeks to join survivalist group in and permanently relocate to West Virginia.

ASG 0702

**United States.** Survival group opening its membership to all. Our goal is to form a national network of existing survivalist organizations and individuals. Newsletter for survivalists by survivalists available. Discretion guaranteed. Open to all ages.

ASG 0703

**South West Wyoming, Eastern Idaho Area.** Seeking families and individuals from all backgrounds to start a survival group. No Rambos, racists, druggies, etc.

ASG 0704

**Mason City, Iowa.** Survival family looking for individuals and other families who share similar ideas. We are interested in weapons, food storage, communications and information exchanges. Military personnel, families, and individuals please respond. No kooks, commies, nazis.

ASG 0705

**Great Britain.** Young survivalist wishes to start long term correspondence with anyone male/female around the age of 18-20 with a genuine interest in survival. All letters will receive response.

ASG 0706

**Royal, Arkansas.** A non-political, non-sectarian, modified extended family lifestyle community is looking for sincere, honest people of any age, located in the country. Please send a resume, background data and a picture. Please no extremists. Peace and love.

ASG 0707

**Pendleton, Oregon.** Low profile survivalist interested in songwriting, music videos, holistic healing. Ex-Army brat will welcome correspondence with "normal" type people. Training to be private investigator.

ASG 0708

**Phoenix, Arizona.** Seeking all interested in starting new survival group in Arizona. Will reply to all.

ASG 0709

**Southern California.** California State Military Reserve is looking for patriotic Americans 18-50 years-old for the defense of the United States. Prior military service is not required. This is not a private army.

ASG 0710

**Berlin, West Germany.** 17-18 year-old young men wish contact with military interested teams to exchange information and equipment. We will answer all letters.

**Address response letter as follows:**

**American Survival Guide**

ASG 0000 (Code Number, As Above)  
2145 West La Palma Avenue  
Anaheim, CA 92801

Your letters will be forwarded to persons listed within two days of receipt. *American Survival Guide* accepts no responsibility for loss or delay of letters. Contact letters that do not carry the appropriate code number will be discarded.

Those who wish to be added to the directory listing, please send names and addresses to *American Survival Guide*, 2145 West La Palma Avenue, Anaheim, CA 92801. The listing is free. ●

## TO THE POINT

(Continued from page 6)

country was founded on the principle, embodied in the Second Amendment to the Constitution, that the people should have the right to keep and bear arms to oppose government tyranny and oppression, be that government foreign or domestic.

The semiautomatic "assault rifles" we have today are the descendants of the muzzle loading "assault rifles" our forefathers had which were used for hunting, sport and warfare. Modern day assault weapons have legitimate use in recreational and competitive sport shooting, hunting and if necessary, self defense and the defense of our country. The right of citizens to law-abiding and responsible possession and use of these and other guns must not be denied. If this constitutional right is denied us, others will also be denied in time. We are in grave danger of losing our liberties.

Now is the time to act. Speak out. Write letters and make telephone calls to the media in your area and your local, state and federal government officials. Let them know you oppose this terrible threat to our freedom. Join pro-gun organizations (a list of some of the more prominent ones is included at the end of this column). Join or form political action committees and work to throw out of office those public officials who would disarm the public and elect people who will protect and support our firearms rights and freedoms. Where anti-gun legislation is enacted, we must work diligently to overturn it. We must never, never, never give up.

The price of liberty is eternal vigilance. It's been said many times down through our history and it's every bit as relevant today as it was 200 years ago. We can't afford to lose this fight — *Jim Benson.*

### Partial List of Pro-Gun Organizations

National Rifle Association  
1600 Rhode Island Avenue  
N.W. Washington, D.C. 20036  
(202) 828-6000

Gun Owners of America  
8001 Forbes Place, Suite 102  
Springfield, VA 22151  
(703) 321-8585

Second Amendment Foundation/  
Citizens Committee for the Right  
to Keep and Bear Arms  
12500 N.E. Tenth Place  
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# MAIL CALL

## Unite & Fight Gun Bans

The growing assault on firearms ownership by the advocates of firearms confiscation — that's the real goal — must be regarded as a direct attack on all survivalists. The anti-gunners have adopted a divide and conquer strategy to take out one group of gun owners at a time. The current attack on ownership of so-called assault firearms must be seen for what it is — an attack on the human right to survive and a direct threat to every citizen's equal opportunity to defend his/her life. Gun laws threaten survival and freedom now and are a fatal blow to survival/self-reliance preparations for the future. Survivalists must unite and fight to defend this human right and work to extend survival skills, including gun ownership and responsibility to the public. On Sept. 24, 1988 the Live Free National Survival Leadership Conference adopted a "Resolution Supporting the Human Right to Possess the Means to Defend Life, Liberty and Property." This resolution recognizes the critical importance of firearms to survival and presents a number of proposals of gun owners rights. For a copy of the resolution and more information, write Live Free, Inc., P.O. Box 1743, Harvey, IL 60426.

James C. Jones  
Live Free

## Satanism & Terrorism

I applaud the article by Carl Yaeger, "Satanism and Terrorism" (April 1989). I've read a lot about Satanism, but you're the first to call them the terrorists that they are. The only flaw in the article is the author's description of Christianity. Historical Christianity has never seen Satan as a "brother" of Jesus Christ.

Name Withheld  
Atlanta, Georgia

The article "Satanism and Terrorism" was very biased and poorly written. Mr. Yaeger's alleged links between terrorism, skinheads, heavy metal music and Satanism are very weak. His views that Jesus and Satan are brothers is news to me. Is ASG now dictating

what type of music its readers should listen to?

D. Cohoe  
Kodiak, Alaska

The article on Satanism and terrorism goes too far. It is an out and out lie when it states the Lord Satan calls for sacrifice as the supreme worship. I am a Satanist, former High Priest for 15 years. Neither I nor any other true Satanist would ever condone sacrifice in any form, be it human or animal. It is apparent that Mr. Yaeger does not know anything about the true history of the Occult.

Jamie  
Marengo, Ohio

*The article on Satanism and terrorism was not intended to brand all Satanists or heavy metal music fans as terrorists, and it does not state this. The author based his article on research he did and he is aware the belief by some groups that Christ and Satan are brothers is disputed by many people. The subject matter of the article is controversial and we realize some readers will take issue with it. But we stand by the basic facts presented by it: that some individuals involved in terrorist activities also worship Satan; and that there is a link between some rock music, especially some heavy metal music, and Satanism.*

## Poisonous Snakes

I read with interest your article on poisonous snakes of the United States and snakebite first aid. I have enclosed a copy of a series of articles published last year in *Outdoor Life* addressing the electric shock treatment of snakebite thought it might warrant some comment.

Joe T. Hunter  
Blackfoot, Idaho

*We've seen the Outdoor Life articles and are aware of the use of electric shocks from car batteries and stun guns in snakebite treatment. This treatment is new and while it has generated interest in the scientific and medical communities, it has not yet been established as safe and effective. We will be following the study of this treatment and results of experiments using it and reporting on it. ●*

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# Field Management of Gunshot Wounds

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*It is often actions taken at the shooting scene that determine the survival of the victim. . .*

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By Todd M. Stanford

**W**HETHER you spend most of your time in an urban, rural or suburban area, you may one day encounter a gunshot wound victim, particularly if you work in law enforcement or public services such as fire fighting and emergency rescue.

Some shooting wounds are almost instantly fatal, some actually require very little, if any, treatment, and still others are borderline for survivability. The borderline gunshot wounds are the most challenging from a medical perspective. It is often the actions taken at the scene of a shooting that determine the survival of the victim(s).

A basic understanding of wound ballistics and emergency medical care procedures are helpful in providing first aid. Additionally, information gathered at the scene and transmitted to the hospital provide the trauma surgeon with the information needed on which to base his initial management of the patient.

Exterior ballistics refers to the actions of projectiles after they leave the barrel of a firearm. For the purposes of this article, we are not so concerned with what the projectile does in flight through air, but after impact with the human body. Depending on the individual bullet in each individual instance, the projectile may tumble erratically or may continue straight and true on its course. It may be deflected by inter-

nal structures.

Innumerable factors come together to influence a bullet's trajectory, and therefore its damage, within a body.

All projectiles, however, share mechanics of damage imparted to tissue.

As the projectile strikes tissue, it compresses, then tears the tissue. This forms what is referred to as the permanent cavity. It is accepted that this tissue is destroyed. Depending on the action of the projectile, the permanent cavity can be merely a cylinder the diameter of the projectile, or a cavernous space torn from surrounding tissue by the gyrations of the tumbling bullet.

In addition to the permanent cavity, the pressure applied to the tissue surrounding the permanent cavity causes it to rebound away, creating a temporary cavity considerably larger than the permanent cavity. This is an elastic response to force applied. The elasticity of the surrounding tissue determines whether it forms a temporary cavity and returns to position (such as a lung or muscle) or disintegrates and becomes part of the permanent cavity (such as a bone or liver). The temporary cavity has been documented to oscillate as many as 8 times until the energy is finally dissipated.

The kinetic energy of the projectile is carried away from the permanent and temporary cavities in the form of a shock wave that travels in all directions from the wound. The energy transmitted by this shock wave has been responsible for fracturing bones

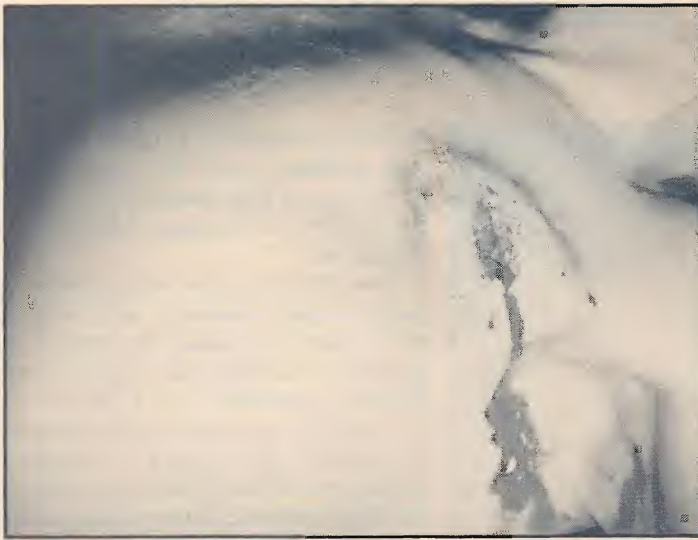
some distance from the initial wound. Here again, the elasticity of the absorbing tissue determines whether the energy will be passed on further or absorbed, causing damage to the tissue.

A final major consideration of the mechanics of wounding is vacuum. As the permanent and temporary cavities are formed, a vacuum along the projectile's path, or wound track, is also produced. This vacuum actually pulls debris from the victim's skin and remnants of his clothes into the wound. It was once believed that sufficient heat was generated by a bullet in flight to actually sterilize it. This has been disproven many times in the laboratory as well as field environment. Bullets aren't sterile, they don't sterilize the material they strike and drive into the wound, and the material sucked into the wound is also not sterile. For these reasons, the tissue surrounding the permanent cavity is inoculated with all the micro-organisms that were present on any of the above mentioned materials. Gunshot wounds get grossly infected if not properly treated.

**Treatment** — Treatment of the gunshot victim must be considered from two perspectives: prehospital care and treatment in the survival situation when isolated from access to a hospital. Initial treatment is the same, in either case. Primary concerns are airway management, control of bleeding and treatment of shock.

The airway is best managed in the





Simulation of a close-range entrance wound in the chest of a .357 Magnum hollow point bullet.



Application of an occlusive dressing over the .357 Magnum chest entrance wound.

unconscious patient by passing an endotracheal tube and ventilating with a bag-valve assembly (AMBU bag). If this is not possible, at the minimum an oropharyngeal airway (S-tube, etc.), should be placed in his mouth to keep the tongue from falling back and blocking the airway. If available, oxygen should be administered to the patient. As long as the patient has spontaneous respirations at a rate of greater than 12 per minute, this can be accomplished using a face mask connected to an oxygen source. Obviously, if the patient stops breathing, or his respiratory rate is less than 12 breaths per minute, he will have to be ventilated through an endotracheal tube (attach the Ambu bag to an oxygen source) or by mouth-to-mouth, preferably through a pocket mask which also can be attached to an oxygen source.

The next concern is to stop any profuse bleeding. This is best handled by applying direct pressure to the wound, if an extremity is wounded, it should be elevated to help achieve this goal. Look for an exit wound. Be forewarned — exit wounds are not always in a direct line from the entrance wound. Make a diligent search because pressure must be applied here as well. If direct pressure does not seem to suffice, the next step is to locate a proximal arterial pressure point. Simply stated, this is the point nearest the wound, between the wound and the heart, where a pulse can be felt. Applying pressure on this point with one or two fingers should stop the bleeding.

**ONLY APPLY A TOURNIQUET AS A LAST RESORT.** When you use a tourniquet to control bleeding you have essentially written the limb off as unsalvageable. Mark a large "T" on the

patient's forehead, as well as the time the tourniquet was applied. No pen? Use the patient's blood.

The next objective is prevention or management of shock. Shock is best defined as an inadequate perfusion of the vital organs — brain, heart, kidneys, etc. If these organs do not receive sufficient blood, they will not receive sufficient oxygen and they will be damaged or die. The body attempts to counter shock by raising the heart rate to over 100 beats per minute. The brain will order the blood vessels near the skin to constrict, thus increasing the blood pressure. This results in cold, wet, clammy skin. Additionally, because the blood is shunted to the center of the body, the individual will appear to be pale. In the latter stages of shock, the body can no longer maintain the blood pressure with these compensatory acts and the blood pressure drops to dangerous levels. By administering oxygen, the progress of shock is slowed. Another sign of shock is agitation. The patient may seem to be short tempered and brusque, when in fact his oxygen starved brain is the real problem. The blood is what carries oxygen. If the patient continues to lose blood that is not replaced, shock will ensue regardless of how much oxygen is administered. The effects of blood loss are countered by elevating the person's legs about 18 inches. In this position, gravity helps to keep the remaining blood in the area of the vital organs rather than the extremities. If qualified personnel are at hand and the solution available, two intravenous lines should be established using large bore needles or catheters (larger than 18 gauge). Ringer's Lactate solution should be run as fast as possible.

Squeezing the IV bag by hand or with an inflated sphygmomanometer (blood pressure cuff) facilitates this. No food or drink should be given by mouth. The patient should be kept comfortably warm (not hot) and be reassured until either help arrives or the patient arrives at the hospital. While no IV fluid is a direct replacement for blood, the solutions will increase the circulating volume and help counteract shock until more definitive measures can be taken.

One area of wounding that requires special mention is the chest. You may encounter a patient with what appears to be a minor chest wound. Perhaps small caliber, minimal bleeding and walking around. Within 10 minutes he's on death's doorsteps. Any wound of the chest may be an opening into the thorax — the compartment that houses the lungs. As the individual breathes, air can enter that hole as well as the usual route (through the trachea). This air occupies space, vital space the lung needs in order to do its job. The pressure of the air between the thorax and lung can become so great that it causes the lung to collapse. This is known as pneumothorax. If the pressure continues to build it can actually push the other organs located in the thorax in the opposite direction. This is known as a tension pneumothorax.

The heart is one of the organs found in the thorax. As it is moved to the side, the great vessels that carry blood to and from the heart are kinked, impairing circulation. This constitutes an extreme emergency. Without the placement of a chest tube to relieve the pressure, the patient will die. The safest treatment for this, particularly



# Field Management of Gunshot Wounds



Application of an occlusive dressing on the victim's back over the exit wound (simulated) of the .357 Magnum hollow point bullet.

for the layman, is prevention. An occlusive dressing is prepared by placing tape on three edges of a rectangular piece of non-porous material — plastic, cellophane wrap, etc. If the patient is conscious, have him cough or exhale forcefully. As he is doing this place the dressing over the wound, taping it tightly to the skin on the three sides. This will now function as a flapper valve, allowing air to escape from the thorax on exhalation, but prohibiting air from entering the wound. By keeping the air from entering the wound a tension pneumothorax is prevented. Remember to similarly cover any exit wound, as well. The patient should be transported on the injured side, if possible.

Every five minutes, a complete set of vitals should be taken and recorded, noting the time. Additionally, any time the patient's condition appears to change, a set of vitals should be taken and recorded. A set of vitals consists of: blood pressure, pulse and respirations.

A very important aspect of treatment, often neglected in a shooting, is a good history. Not why the person was shot, but details of the situation. If possible, obtain an unfired cartridge, preferably directly from the weapon. The caliber will be printed on the bottom of the casing. The bullet itself can be described over the radio or telephone during your initial contact and the shell relinquished to the emergency department staff upon your arrival there. Determine the approximate range. Powder residue, having the appearance of pepper sprinkled around

the wound, is an indication that the patient was shot from close range. Determine if the weapon used was a rifle, shotgun or handgun and the type. If the information is available, let the receiving facility know if the assailant is right or left handed, even if the shooting is the result of a suicide attempt. This will help to determine the probable angle of entry and therefore the probable path the bullet took. The physical location of the assailant, relative to the victim, is also helpful to know.

**Survival Situation** — In a situation where access to a hospital is impossible, certain other procedures must be followed. Entire books have been written on trauma surgery. It goes without saying, the subject cannot be adequately covered in a magazine article. In this type of situation there will hopefully be an experienced medic with a surgical set available. If the patient is going to die without surgical intervention, he has little to lose by having a medic or paramedic or nurse or EMT working on him. Using whatever anesthesia or analgesic agent is available, the patient is made as comfortable as possible. The wound is then surgically opened. The incision must be long enough to reveal the damaged area (the permanent cavity) below. Major vessels that are still bleeding must be ligated (tied off) or cauterized. The bloody, pulpy mush that can freely be removed from the wound is discarded. Bone and bullet fragments must also be removed. In the past, devitalized tis-

sue was immediately removed. It is now believed that any tissue still attached to living tissue has a chance for survival. To this end, debridement is delayed.

The wound is packed with antibiotic-impregnated dressings and covered with a sterile dressing. The patient is given IV antibiotic and kept as comfortable as possible. At 12, 24, 36, 48, 72 and 96 hours post op the packing is removed. The wound is irrigated with sterile saline and fresh antibiotic packing replaced. This procedure allows the wound to heal from the inside out. After about five to seven days, the packing is removed and the demarcation between viable and dead tissue should be obvious. The dead tissue is then surgically removed and a secondary closure performed.

This article was not an attempt at teaching field surgery, but an attempt to inform the reader of the emergency care that should be rendered to the victim of a gunshot. Additionally, it was intended to make the field medic aware of some of the more recent trends in gunshot treatment. The individual who has sustained a gunshot wound should attempt to remain calm and should apply direct pressure to the wound while calling for help. Lying still with legs elevated will help increase the chances for survival. Exotic maneuvers such as pouring gunpowder into a wound, then igniting it only work in the movies.

The individual who desires to assist the victim of a gunshot wound need only remember and put to use the basics: Airway management — make sure the victim's airway is not obstructed by blood, vomit, or other foreign body. Breathing — make sure the victim is breathing at least 12 times a minute. If he isn't, assist him to do so. Circulation — do all you can to keep the victim's heart beating. CPR (CardioPulmonary Resuscitation), if necessary, should be performed. Shock — maintaining the victim's blood pressure, keeping him out of shock, should eliminate the need for CPR. Control bleeding, preferably with direct pressure, elevate the legs, keep him warm, administer IV fluids (if qualified to do so), give oxygen if available, and get definitive medical care. These are the keys to the proper field management of the gunshot victim. ●



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Staff Report

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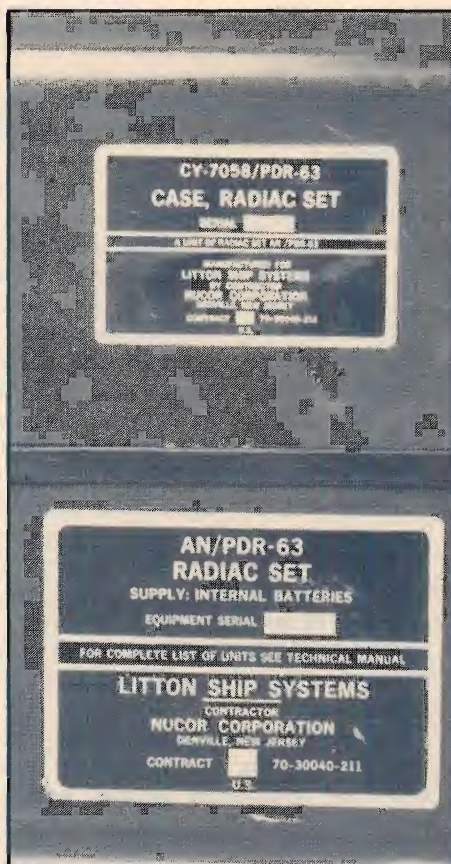


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# Sea Kayaking

*The sleek ocean-going kayaks invented by the Eskimo pierce wind and waves with little effort. . .*

By Scott Stoddard

*"... A kaiak-man who has entirely mastered the art of righting himself can defy almost any weather. If he is capsized, he is on even keel again in a moment, and can play like a sea-bird with the waves, and cut right through them. If the sea is very heavy, he lays the broadside of his kaiak to it, holds the paddle flat out on the windward side, pressing it against the deck, bends forward, and lets the wave roll over him; or else he throws himself on his side towards it, resting on his flat paddle, and rights himself again when it has passed. The prettiest feat of seamanship I have ever heard of is that to which some fishers, I am told, have recourse among overwhelming rollers. As the sea curls down over them they voluntarily capsize, receive it on the bottom of the kaiak, and when it has passed right themselves again. I think it would be difficult to name a more intrepid method of dealing with a heavy sea." (Nansen, Eskimo Life, p. 54)*

**W**ITH a kayak strapped to your waist it doesn't take long to feel at one with the water. Whether on a calm, glassy lake or amid the wind and waves of the open sea, a kayak can transform you into a sleek paddling machine.

Sea kayaks differ from river-running kayaks in several ways. A sea kayak is much longer (16 to 18 feet compared to a 10-foot river-runner) and has watertight hatches and bulkheads.

These waterproof storage compartments guarantee dry gear at all times and also insure a virtually unsinkable boat. The cockpit opening is large enough for easy access, yet permits firm bracing of the knees when paddling.

The waterproof spray cover is worn under the life jacket and seals out water with a tight fitting shock-corded collar. The spray cover is one of the best features of a kayak. To be able to paddle rough seas and remain completely dry helps conserve energy and prevents hypothermia. There's no

need to feel claustrophobic either; the cover is quick-releasing in emergency situations.

Besides a good personal flotation device (PFD), the kayaker's most important piece of equipment is the paddle. The paddle acts as rudder and brake, and converts power from the arm muscles into forward propulsion. The paddle offers support and helps in maintaining balance and is used extensively in rescues and emergencies.

Modern two-bladed kayak paddles have spoon-shaped blades which enable a paddler to make quiet, splashless strokes and deliver the most power per stroke. Because it is so dangerous to lose the paddle it is not recommended to paddle alone, however a paddle leash made of shock cord will guarantee that the paddle remains in your grasp.

The technical skill necessary to maneuver a sea kayak is much less than its whitewater cousin, but it would still be wise to take a weekend course with a good instructor — especially for those who have no canoeing/paddling experience. Basic strokes and maneuvers should be practiced with an expert so that a minimal level of competence is acquired. Beach launchings, surf running, timing wave patterns, and handling potentially dangerous dumping surf and currents should all be skills that the beginner learns and becomes comfortable with.

Kayak expeditions are offered by many outfitters including trips along the coast of Baja California and the islands of San Juan in the state of Washington. These trips require careful planning and advanced skills in open water rescues, navigation, and survival preparation.

One survival consideration might include a bang stick or a shotgun loaded with slugs. This could prove

handy when paddling in open ocean areas where sharks are present. A couple of kayakers were killed by sharks recently off the coast of California — probably because they got out of their kayaks for a short swim. Unfortunately, people in wetsuits look a lot like seals to a shark.

Expedition kayaking can be safe when precautions are taken and is much like backpacking only without the pack weighing down your shoulders. Your arms, shoulders and legs get a good workout, but the kayak carries all the gear.

We rented a 16-foot Chinook kayak by Aquaterra from a local sporting goods store and tested it out at Lake Havasu, a favorite water ski spot along the Colorado River near Parker, Arizona. The third day out we had gusty winds of up to 50-60 miles per hour causing some nice white caps on the lake. I was surprised to see how easy it was to paddle straight into the wind and the waves. The bow sliced right through the water with only normal paddling strength. I have tried the same in lesser conditions with a canoe and had to really push to make headway. Paddling *with* the wind was a little harder to control direction, but overall everyone was impressed with its wave handling and stability. A real kayak expedition is going to have to be planned! ●

For more information on sea kayaking read the book: **Derek C. Hutchinson's Guide to Sea Kayaking**, by Derek Hutchinson; Globe Pequot Press, 138 West Main Street, Chester, CT 06412

There are also a few magazines dealing with the sport of kayaking and sea kayaking: **River Runner**, P.O. Box 458, Fallbrook, CA 92028; (619) 723-8155

**Sea Kayaker**, 6327 Seaview Avenue, N.W., Seattle, WA 98107; (206) 789-6413





The Chinook Aquaterra kayak is 16 feet long and 24 inches wide.



Sea kayaks are made for touring and excel in surf and choppy conditions.



The sprayskirt fits around the collar of the cockpit and helps keep everything dry inside.



With sprayskirt attached, life jacket on, and paddle in hand, the kayaker is ready to beach launch.



# Sea Kayaking



Practicing maneuvers like the Eskimo roll should be done close to shore or in a swimming pool with a trained instructor.



Going over isn't the hard part...



It's coming back up that takes a little practice.



Sea kayaking can be a serene pastime, especially on a glassy lake.



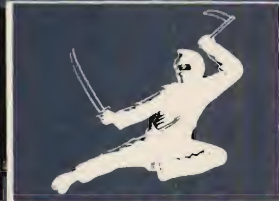
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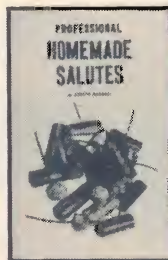


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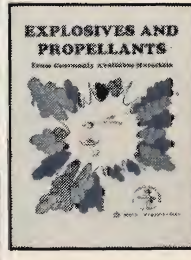
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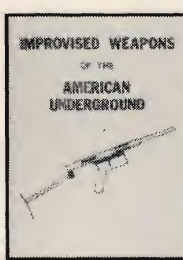
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